

Daisy Bible Book

Daisy Recipe Book No. 2



COMPILED AND ARRANGED BY THE
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Hyatt Avenue United Church

LONDON, - ONTARIO

1927

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*"Now good digestion wait on appetite,
And health on both."*

SHAKESPEARE



To be a good cook means the knowledge of all fruits, herbs, palms, and spices, and of all that is healing and sweet in fields and groves, and savory in meats; means carefulness, inventiveness, watchfulness, willingness and readiness of appliance. It means the economy of your grandmothers and the science of modern chemists. It means much tasting and no wasting. It means English thoroughness, French art, and Arabian hospitality. It means, in fine, that you are perfectly and always ladies (loaf-givers), and are to see that everyone has something nice to eat.—RUSKIN.

*"In her very style of looking
There was cognizance of cooking!
From her very dress were peeping
Indications of housekeeping!"*

"She looketh well to the ways of her household."

A Well-Iced Refrigerator the First Essential To Good House-keeping

(By Agnes Carroll Hayward, former Food Editor, Woman's Weekly)

The good housewife who has the health of her family at heart will never attempt to keep house without a well-iced refrigerator every month of the year. No good housewife will depend on window sills, foul cellars or other makeshifts allowing foods to freeze, spoil, collect dust, soot, disease germs or to dry out.

The placing of food in a well-iced refrigerator keeps foods free from dust, disease germs, and retains food value and food flavor. It also enables the housewife to serve sweet milk and cream, firm butter, crisp salads and iced fruits, as well as delicious and appetizing frozen desserts and iced drinks. Frozen desserts of all kinds offer a welcome change in the menu; also a splendid way of utilizing portions of fruit, fresh or canned, and fruit juices that might otherwise go to waste.

Every woman who has the privilege of keeping her own home enjoys the pleasure of entertaining her friends—especially if she has learned how to make these affairs a joy instead of a tiresome task.

A well-iced refrigerator is essential to entertainment, especially in the home where the preparing of the food as well as the serving must be taken care of by the hostess.

Keep your refrigerator in a convenient place but as far away from the stove as you can get it. Never keep food in the refrigerator unless there is ice in it. Look over the food in your refrigerator every morning before you plan your shopping. This will prevent any left-overs from being overlooked and will save household expenses.

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RECIPES

Compiled and arranged by the

DAISY BIBLE CLASS

— OF THE —

Hyatt Avenue United Church

LONDON

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ONTARIO

OUR GREETING

To all women who live to learn and would learn to live, these pages are offered by the compilers in the hope that they may prove crumbs of comfort in many perplexing hours.

We desire to thank all kind contributors and especially those who have advertised with us, thereby making our undertaking an assured financial success.

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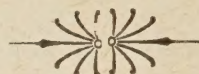
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SOUPS

*Give no more to every guest
Than he is able to digest.
Give him always of the prime,
And but a little at a time.*

L

CREAM OF CARROT SOUP

One cup cooked carrots, 2 cups vegetable water, 2 cups milk, 4 tablespoons flour, 2 tablespoons butter, Sweetheart pepper and salt to taste. Press the vegetables through a sieve or chop finely; put the vegetable water on to heat. Mix the flour smoothly with an equal measure of milk and thin it with a little more of the milk. Stir into the steaming liquid, stirring constantly until it hickens. Stir in the butter, vegetable pulp and remaining milk. Season to taste and serve hot. Serves six.

CREAM OF CORN SOUP

Heat can of corn, strain, salt and pepper to taste, add $1\frac{1}{2}$ cups milk, and butter size of an egg. Bring to boiling point. Serve.

CREAM OF POTATO SOUP

One pint milk, or milk and water, 2 teaspoons chopped onions, 3 potatoes, 1 tablespoon butter, 1 tablespoon Daisy flour, 1 teaspoon salt, $\frac{1}{8}$ teaspoon pepper, 2 teaspoons chopped parsley. Put the milk to heat in a double boiler. Boil the potatoes and onions together until soft, then rub the liquid and pulp through a strainer into the hot milk. Bind with the flour, add the seasonings and serve hot. Serves four.

ONION SOUP

Peel and quarter four Spanish onions and put them on to boil. Add a bay leaf, a red pepper, with the seeds removed, a couple of stalks of celery and a few sprays of parsley. Boil until thoroughly tender and soft, then put the onion through a puree sieve. Save a pint of the water and return the pulp to it, bring a quart of milk to the boiling point, mix it with the onion mixture, thicken with butter and flour rubbed to a soft paste, add salt, pepper and a little sugar. Sprinkle a teaspoonful of chopped parsley over the top, and serve toasted croutons with the soup.

PEA SOUP

One cupful split peas, $2\frac{1}{2}$ quarts water, 2 tablespoons chopped onion, 3 tablespoons butter, 3 tablespoons Daisy flour, $1\frac{1}{2}$ teaspoons salt, $\frac{1}{8}$ teaspoon Sweetheart pepper, 1 pint milk. Wash the peas and soak them overnight in cold water, drain and rinse thoroughly, add $2\frac{1}{2}$ quarts cold water and the onion, cook slowly until soft, rub the liquid and pulp through a strainer and bind with the flour. Add the milk and the seasonings and serve hot. Serves six to eight.

PEA SOUP

Soak split peas over night. Add 1 quart of hot water and 1 onion; bring to a boil. Move to back of stove and let simmer until peas are done. Rub through collander and return to stove. Add 1 tablespoon flour made smooth in 1 tablespoon butter. Season with salt and pepper.

POTATO SOUP

Two cups hot riced or mashed potatoes, 1 quart milk, 2 slices onion, 2 tablespoons fat, 2 tablespoons flour (rice or corn flour), $1\frac{1}{2}$ teaspoons salt, celery salt, pepper, cayenne, 1 teaspoon chopped parsley. Melt the fat, add to it the flour and seasonings, stirring the mixture until smooth. Add gradually to this, one cup of milk and boil for one minute. Add the potato, mix thoroughly, then add the rest of the milk and the slice of onion. Heat to boiling. Remove the onion, strain the soup if necessary, add the parsley and serve. Water saved from cooking celery is a good addition to potato soup. Two cups of tomato juice and $\frac{1}{16}$ teaspoon of soda may be substituted for two cups of milk.

TOMATO SOUP.

MRS. C. BURNS.

One basket ripe tomatoes, 4 onions, 1 bunch celery, 1 tablespoon salt. Boil and strain. Add $\frac{1}{4}$ teaspoon cayenne pepper, 2 level tablespoons brown sugar, 1 cup flour dissolved in water. Add this to the strained tomato, boil till it thickens. Can hot and heat before using, adding a piece of butter.

VEGETABLE SOUP NO. 1.

One cup beans, cup dried peas, $\frac{1}{2}$ cup barley, $\frac{1}{2}$ cup rice, 2 potatoes, 2 onions, $\frac{1}{2}$ turnip, 1 carrot, 1 cup canned tomatoes, 1 bunch celery, seasoning and 1 bone. Wash and soak peas, beans and barley and rice for $1\frac{1}{2}$ hours in enough water to cover. Then bring to boiling point, add vegetables cut in small cubes. Cook until tender about $\frac{1}{2}$ hour before serving. Add bone and season well. Stir often adding water as it boils down. Serve quite thick and hot.

VEGETABLE SOUP NO. 2

Boil a beef shank for a couple of hours, or until tender in lots of water. Add 4 good sized carrots, $\frac{1}{2}$ small cabbage, 2 stalks celery, 2 onions, $\frac{1}{2}$ cup rice, salt and pepper to taste.

FISH

*If meat every day is a tiresome dish,
Vary your dinners with good fresh fish.*

CODFISH BALLS WITH EGG SAUCE

Mix flaked codfish with equal quantity of mashed potatoes. Shape in balls and fry. Serve with egg sauce made by using a thick white sauce in which has been put up slices of whites of hard boiled eggs. Pour over codfish balls. Mash yellows of eggs together and sprinkle liberally over the top. This makes a pretty dish.

STUFFED HALIBUT ROAST.

Two one-pound slices of halibut steak ($\frac{1}{2}$ inch thick), 3 tablespoons of butter, a little salt, a little pepper. Make a bread dressing. Place one slice of Halibut on rack of a roaster. Sprinkle with salt and pepper. Place two-thirds of dressing on top of this. Place second slice of halibut on top of dressing. Season. Dot with pieces of butter and dressing. Use tooth-picks to hold slices in place. Put a little water in pan. Bake uncovered in a hot oven.

MACKEREL FOR BREAKFAST.

Time was when no good Philadelphian would go without mackerel for his Sunday morning breakfast. Here is the way it was prepared: Clean the fish well, season with pepper, salt and dust with fine bread crumbs. If you have none, use flour instead. Have a frying pan smoking hot, with just enough fat in it to keep the fish from burning. When the fat gives off a bluish smoke, it is ready. Lay your fish in it, and quickly brown on both sides. Now cover your pan, reduce the heat, and let it cook slowly for ten or fifteen minutes more, depending on the size of the fish.

HOW TO PICKLE FISH

Cut the fish into ordinary sized pieces, sprinkle well with salt and let stand half an hour. For every three pounds of fish, put in a granite kettle: $1\frac{1}{2}$ large cupfuls water, 1 large tablespoonful unground white peppers, 1 teaspoonful ground mace, a little cayenne pepper, salt to taste. Let this simmer a few minutes, then add $1\frac{1}{2}$ cupfuls white wine vinegar and let come to a boil. Then put in the fish and boil. A few minutes will cook it. Put fish in a turneen, pour liquor over it, cover and keep in a cool place. Serve cold. (Use Sweetheart spices).

FISH SALAD

Shred some boiled salmon, halibut, or other fish, mix it with half as much boiled potato cut in small cubes; serve on lettuce leaves with salad cream. Shredded lettuce or peas may be used in place of potatoes. Garnish with sliced lemon and boiled beets cut in fancy shapes.

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CODFISH BALLS

Cook two cups potatoes, cut in dice with one cup picked up salt codfish until potatoes are soft and water has about cooked away. Mash with one tablespoonful fine breadcrumbs. When almost cold add the yolk of an egg. Form mixture into balls or cakes, roll in stale breadcrumbs and allow them to stand until hard. Fry one minute in hot fat. Do not allow them to absorb the grease. Garnish platter with parsley when serving, and put a small piece of parsley at each end of codfish ball.

FISH BALLS NO. 2

One cup salt fish freshened and stripped; two cups potatoes cut in cubes; one teaspoonful butter; pepper, one egg, well beaten. Boil the fish and potato together about 15 minutes, or until the potato is done; drain off the water and mash together until fish and potatoes are perfectly blended. Add the butter and pepper, and beat with a fork until light. Let it cool a little and then add the egg. Shape lightly in a spoon, slip into a frying basket and fry one minute in smoking hot lard. Do not fry more than five at a time, as more cools the fat. Drain on a paper, garnish with parsley, and serve hot. These may be served with a tomato sauce.

Tomato Sauce.—One-half can tomatoes; one-half onion, minced; three peppers. Stew these together ten minutes. Melt one tablespoonful butter, add one heaping tablespoonful butter, add one heaping tablespoonful flour, strain the tomato on to this. Cook till it thickens, and pour around fish.

FISH BALLS BAKED

Beat one egg, add one cup cooked fish, one cup cold cooked rice, salt, Sweetheart pepper and 1 teaspoon lemon juice. Form into small balls, place in a greased pan and bake a delicate brown. Serve hot on slices of buttered toast.

CREAMED FISH IN POTATO CUPS

To one cup of left-over mashed potatoes add one egg yolk. The potatoes must be warm when egg is added—this amount will make four cups. Invert any custard cups or jelly glasses and cover the outside, bottom and two inches of sides with the potato mixture. Smooth over and set away to cool. When ready to use, turn right side up on a well buttered pan and carefully remove. Brush the outside with milk or beaten egg before adding fish. Make a white sauce, add salt, pepper and a little nutmeg, and any flaked white fish. Fill potato cups with mixture and brown lightly in the oven. When serving, garnish with parsley.

SALMON CROQUETTES AND PEAS

Mix one can of salmon with 2 eggs and 6 crumbled or rolled crackers. Form into cakes and fry to a golden brown. Have ready one can of peas well buttered to pour around and over croquettes.

SALMON MOLD

Soften one-half envelope of Knox Sparkling Gelatine in one-fourth cup cold water; dissolve by standing in hot water. Add dissolved gelatine to three-fourths cup boiled salad dressing and one cup left-over salmon (tuna, crab meat, or any flaked fish may be used), add a little salt, paprika and two teaspoonfuls vinegar. Turn into a mold and chill. Remove to bed of lettuce leaves and cut in slices. Garnish with slices of lemon.

CREAMED CODFISH

An occasional dish of well-prepared salt codfish is most welcome, and eaten with a baked potato and a green salad, a meal for an epicure is provided. To have the fish at its best, shred and let stand for a short time in water to cover, let heat in the same water until the water looks slightly milky, then drain. Melt a tablespoonful of butter substitute, add a tablespoonful Daisy flour, rub smooth with a little cold milk. Pour on gradually a cup of milk, stirring until well mixed. Fold in yolks of two eggs, well beaten, and stir until smooth and glossy. Add fish to the hot sauce. (To heat the fish to the boiling point renders it tough and tasteless).

BROWNEED SALMON AND RICE

Melt one tablespoonful butter or butter substitute, add two tablespoons Daisy flour, salt and pepper and cook together until bubbling. Then add two-thirds cup milk gradually, stirring all the while. Cook until thick and smooth. Then add two-thirds cup salmon and one cup cooked rice. Have a hot greased frying pan ready, pour in the mixture, saute for ten minutes, then bake in a hot oven for 20 to 30 minutes, fold like an omelet, and turn onto a hot platter. This will serve four.

JELLIED FISH

Mix one and one-half cups of any well-seasoned cold flaked, freshly cooked fish with two tablespoonfuls of chopped green peppers or capers, add a little onion juice if desired, a little salt and a dash of mace. Soak one tablespoonful Knox Sparkling gelatine in one-fourth cupful of cold water 10 minutes, dissolve in one cup boiling water, add two tablespoonfuls lemon juice. Put slices of hard boiled eggs in the bottom of a dish or mold, and add the fish and jelly. Chill and remove to platter and garnish with watercress or lettuce. Use any kind of salad dressing or sauce tartare.

SALMON LOAF

One can salmon (pour all juice off) minced fine, 1 cup bread crumbs, 4 tablespoons butter, 4 tablespoons sweet milk, 3 beaten eggs, a little salt and pepper. Put in covered mold and steam one hour. Put a piece of greased paper in mold so the loaf will turn out nicely.

Sauce to Serve with Loaf.—One cup milk, 1 tablespoon cornstarch, 1 tablespoon butter. When thick pour in the juice from salmon and one beaten egg. Salt and cook just long enough to cook the egg. Add one tablespoon lemon juice. Serve around the loaf on platter.

SALMON LOAF

One pound can salmon minced fine with fork, juice of one large lemon, 1 egg, 1 teaspoon salt, $\frac{1}{2}$ teaspoon pepper. Add cracker crumbs, to mould into a loaf and bake a nice brown. Serve with the following cream sauce:

Make a cream dressing of one tablespoon butter, 2 tablespoons flour, 1 pint milk. Blend butter and flour in double boiler and add milk gradually, working out all lumps. Pour this over the loaf and garnish the top with two hard boiled eggs, chopped fine.

SALMON CROQUETTES

One half can of salmon, as many cracker crumbs as there is salmon after it is shredded. Salt to taste. Melted butter size of an egg. Milk enough to make quite soft just so you can form the croquettes, dip into beaten egg, roll in cracker crumbs and fry a rich brown.

SALMON CROQUETTES

One can of steak salmon, minced, celery salt or chopped celery, salt to taste, red pepper, one nutmeg, 4 hard boiled eggs chopped fine, butter size of egg, melted, and oil off salmon. Mix well together and add enough cracker crumbs to make stiff enough to make croquettes. Dip in cracker crumbs, egg and cracker crumbs again and fry in hot lard.

FISH DINNER

Olives

Celery

Baked Whitefish, Dressed, Hollandaise Sauce

Baked Potatoes

Stewed Tomatoes

Cottage Pudding, Chocolate Sauce

Coffee

Dressing for Fish.—Soak 2 cups of stale bread in cold water, squeeze dry and crumble. Add a tablespoon of minced parsley, 1 tablespoon of chopped onion, salt and pepper, 2 tablespoons of butter, one egg well beaten. Fill the body of the fish and sew up. Put in a well greased pan with a little water. Bake $\frac{3}{4}$ of an hour.

Hollandaise Sauce.—1 cup of milk, 2 tablespoons of butter, 1 tablespoon of Scott and Templeman flour, 2 egg yolks, salt and pepper, 2 tablespoons of chopped parsley. Mix the flour and butter together, then the milk and beaten eggs. Boil, then add the parsley and a tablespoon of lemon juice.

Stewed Tomatoes.—To 1 can of tomatoes add 4 onions cut fine, 1 tablespoon of sugar and $\frac{1}{2}$ teaspoon of salt. Cook.

Cottage Pudding.—1 egg, 1 cup of sugar, $1\frac{1}{2}$ cups of Scott & Templeman flour, 1 teaspoon of vanilla, 2 teaspoons of Sweetheart baking powder, butter the size of an egg, $\frac{1}{4}$ teaspoon of salt. Mix ingredients and bake.

Chocolate Sauce.—3 tablespoons of butter, 2 tablespoons of cocoa, 1 tablespoon of Scott & Templeman's flour, 2 tablespoons of brown sugar, enough milk to mix well, then add boiling water. Boil these, then add one teaspoon of vanilla.

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MRS. A. DAUGHARTY

MRS. E. LANSDALE EADY

Hot Dishes for Supper

*And e'en if the moon be not made of cheese,
There are some good things that are, if you please.*

POTATO PUFF WITH CHEESE

2 cups hot mashed potatoes, 4 tablespoons butter, $\frac{1}{2}$ cup milk, 1 egg well beaten, $\frac{1}{2}$ cup cream cheese, salt and pepper to taste. Beat all together until thoroughly mixed and very light. Form into small pyramids and drop onto a buttered tin or pyrex plate, and bake in a moderate oven until a golden brown.

TOMATO RAREBIT

2 tablespoons butter, 2 tablespoons flour, $\frac{3}{4}$ cup thin cream, $\frac{3}{4}$ cup strained tomatoes, $\frac{7}{8}$ teaspoon soda, 1 pkg. cream cheese, 2 eggs slightly beaten, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoon mustard, cayenne. Put butter in chafing dish; when melted add flour. Pour cream in gradually; as soon as mixture thickens add tomatoes mixed with soda. Add the slightly beaten eggs and the cheese (cut finely), add seasoning. Cook until eggs are thickened and serve at once on toast or crackers.

RICE WITH LAMB

Line a buttered baking dish with a rice wall one inch thick, fill the centre with chopped cold mutton seasoned with salt, pepper and onion juice. Moisten with gravy, cover with a layer of rice, and bake covered for half an hour in a moderate oven. Remove the cover, spread with cream or tomato sauce.

A DELIGHTFUL CHEESE DISH

2 eggs, $\frac{1}{2}$ cup of stale bread, $1\frac{1}{2}$ teaspoonful of salt, little pepper, $\frac{1}{4}$ pound of Canadian cheese (mild), 1 pint of milk (2 cups). Beat the eggs. Add the bread broken up, salt, pepper and grated cheese. Scald milk and pour over all. Bake in casserole or custard cups and cook the same as baked custard. Cook 1 hour. Test by inserting silver knife and when it comes out clean, cheese is done.

WELSH RAREBIT

One tablespoon butter, 1 teaspoon cornstarch, $\frac{1}{2}$ cup milk, $\frac{1}{2}$ pound grated cheese, $\frac{1}{4}$ teaspoon each of salt and mustard, speck of cayenne. Cook the cornstarch in butter; add milk gradually. Cook two minutes, add cheese, stir until well melted. Season. Serve on crackers or toasted bread.

HOT POT

$1\frac{1}{2}$ lbs. potatoes, $\frac{3}{4}$ lb. onions, 1 small tomato, 1 tablespoon chopped parsley, 1 oz. butter, $\frac{1}{4}$ pint milk, pepper and salt. Slice onions and potatoes, throw into cold water. Bring to boil, drain. Put in baking dish with the tomato which has been skinned and sliced, add parsley and seasoning. Pour in milk, and butter broken in bits. Cook 2 hours in moderate oven.

A GOOD LUNCHEON DISH

A pretty platter laden with spaghetti cooked with tomato, cheese and mushrooms and surrounded with juicy round steak meat balls is most attractive and appetizing.

Cook spaghetti in boiling salt water and a little onion. When done drain off water. Mix tomato soup well with spaghetti, also pieces of green pepper. Use double boiler and keep warm until ready to serve. Either mix mushrooms with spaghetti or use as garnish. After spaghetti is on platter sprinkle liberally with grated cheese. Surround with meat balls which have been quickly cooked in butter.

MEAT PIE

Cut cold meat into neat pieces; parboiled kidney may be added, if it is beef. Put into baking dish with diced cooked potatoes and gravy to cover. Cover with pie paste or good biscuit dough or fluffy mashed potatoes. Bake in hot oven for first two, moderate oven for potato crust.

LAMB WITH TOMATOES

Arrange in a buttered baking dish, alternate layers of sliced cold lamb (or other meat) and sliced tomatoes; have tomatoes on top; cover with a good layer of buttered crumbs and bake in a moderate oven until well heated and browned on top.

HOLIDAY RAREBIT

1 pound of cheese, pint of white sauce, little salt, olive juice, 1 teaspoon of soda. Grate cheese. Make quite a thin white sauce. Add grated cheese. Cook together in double boiler until cheese is dissolved. Mix well. Add some of the liquid from bottle of stuffed olives. Just before serving add soda. Blend well. Pour over toast or toasted crackers. Decorate top of cheese and platter with cut up pieces of stuffed olives. This rarebit does not spoil when made ahead of time.

CASSEROLE OF EGGS AND MUSHROOMS

$\frac{1}{4}$ pound of fresh mushrooms, 2 tablespoons of butter, 1 tablespoon of water, a little salt, a little pepper, a little paprika, 1 tablespoon of cut up parsley, 5 eggs, 2 tablespoons of bread crumbs, $\frac{1}{4}$ cup of milk. Wash and cut up mushrooms. Cook in butter, water, salt, and pepper for a few minutes. Pour into baking dish. Beat eggs slightly. Add the eggs, parsley, and salt and milk. Top with bread crumbs and pieces of butter. Bake about 45 minutes.

POTATOES AND ONIONS

Peel and slice thinly six large potatoes and place them in a stew pan. Slice a large onion thinly and add it to the potatoes together with pepper and salt, two tablespoons of fat and enough water to cover the mixture. Boil hard for three-quarters of an hour, when the potatoes should be tender and most of the water boiled off. In this case the water is not drained. The potatoes will be soft but delicious to the taste.

POTATO OMELET WITH CHEESE

Prepare mashed potatoes. Turn them into a hot omelet pan greased with one tablespoon of fat, spread evenly. When they are heated throughout, grate over the surface cheese with a little red pepper and salt. As soon as the cheese becomes melted, turn the potatoes over as an omelet and serve hot.

A NICE HAMBURG DISH

2 lbs. of chopped steak, pepper and salt. Line baking dish with meat, sides and bottom. Stand on end in it enough medium sized potatoes for family. Bake 1 hour. Put potatoes in another dish and fill meat with a dressing seasoned with summer savory. Bake 15 minutes longer. This is enough for 7 people.

LEFT-OVER MEAT AND MASHED POTATOES

Cover the bottom of a small greased baking dish with hot mashed potatoes, add a thick layer of pieces of roast beef (that are not suitable for slicing hot or cold). Chop or cut them in small pieces, season well with salt, Sweetheart pepper and a little onion juice, and moisten with some of the gravy left over from the hot roast, and cover with a thin layer of mashed potatoes. Bake in a hot oven until well heated and the top is a good brown color.

MEAT TURNOVERS

Chop the meat. If the quantity on hand is small mix with left-over potato or rice. Season with salt, Sweetheart pepper, onion, etc. Place filling on circular pieces of biscuit dough about the size of a saucer. Fold over the dough and crimp edges together. Bake for about $\frac{1}{2}$ hour in a hot oven. A brown sauce made from two tablespoonfuls Daisy flour browned in two tablespoonfuls of butter or other fat, to which a cupful of water or stock and a half teaspoonful of salt is added, may be served with the turnovers.

HAM MOUSSE

Soak $\frac{1}{2}$ envelope Knox sparkling gelatine in $\frac{1}{4}$ cup cold water and dissolve in $\frac{1}{2}$ cup hot water. Add two cups left-over chopped ham. When cool, add one teaspoonful mixed mustard, few grains of cayenne and $\frac{1}{2}$ cup milk. Turn into mold first dipped in cold water. Chill and remove to serving dish. Garnish with parsley.

LEFT-OVER CHICKEN OR ANY MEAT

Take the pieces of chicken left over, as legs, wings, etc., reheat with the left-over gravy and water added to make sufficient liquid to cover the chicken generously. Season with salt, Sweetheart pepper and onion juice. Cook with this small potatoes. When potatoes are nearly soft, turn the whole into a baking dish and cover with a biscuit dough. Bake a nice brown and serve as a luncheon dish, or make into individual chicken pies. Chicken may be removed from bones before adding to pie if desired.

Food and Health

Foods poorly selected or badly cooked are the cause of a great many of the ills that flesh is heir to. Health demands the utmost care in food preparation.

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MEATS

*Some hae meat and canna eat
And some wad eat that want it,
But we hae meat and we can eat,
And sae the Lord be thankit.*

ROASTING.

Beef ribs, rare per pound, 8 to 10 minutes.
Beef ribs, well done, per pound, 12 to 15 minutes.
Mutton, leg, rare, per pound, 10 minutes.
Mutton, leg, well done, per pound, 15 minutes.
Mutton, loin, rare, per pound, 8 minutes.
Mutton, shoulder, stuffed, per pound, 15 minutes.
Lamb, well done, per pound, 15 minutes.
Veal, well done, per pound, 18 to 20 minutes.
Pork, well done, per pound, 20 minutes.

VEAL LOAF

1 lb. pork, 2 lbs. veal, minced; 7 soda biscuits rolled fine, salt, pepper and nutmeg to taste, 1 egg beaten with $\frac{3}{4}$ cup of milk. Mix all together in loaf. Bake about $1\frac{1}{2}$ hours.—*Mrs. C. H. Rastin.*

ROUND STEAK WITH DRESSING

For the dressing, chop and boil onions tender. Mix with dry bread crumbs, season with pepper, salt, sage, parsley, celery and butter. Moisten slightly and spread over a large slice of steak. Roll and skewer, or tie with cord, and bak brown in a hot oven, then add salted water. Cook tender, turning occasionally. This makes delicious brown gravy which should be thickened.

TO CLEAN SWEETBREADS

z Carefully pull off all the tolgh and fibrous skin. Place them in a dish of cold water for ten minutes or more; they are then ready to be boiled. They must always be boiled twenty minutes, no matter what the mode of rooking is to be.

VEAL POT PIE

One knuckle of veal, 1 teaspoonful of salt, 1 large spoonful of lard, 1 small onion, 1 quart of sifted flour, 2 teaspoonfuls of baking powder, $\frac{1}{2}$ pint of milk, 3 pints of water. Put the water in a stewpan, add the knuckle, onion and salt, and let all simmer until the meat is tender—about an hour and a quarter. There must be at least $\frac{2}{3}$ of a quart of liquor when the meat is done; if it has evaporated, add hot water to make sufficient quantity. Put the flour in a bowl, add the salt, then rub in the lard; add the baking powder, mix, and moisten with the milk. Roll out on a board, cut with a round cutter, and place over the top of the meat; cover the stewpan and boil fifteen minutes.

BREADED SWEETBREADS

After being boiled, split them, and season with salt and pepper; then dip in beaten egg and cracker crumbs. Fry a light brown in hot lard. Serve with tomato sauce.

SCALLOPED STEAK AND POTATOES

Get ground steak for ths. Dice raw potatoes and put a layer in bottom of basin, seasoning with pepper, salt and butter. Cover with a layer of steak and season the same, adding onion and tomato if liked. Alternate layers, finishing with steak, over which sprinkle bread crumbs. Add water to just reach the top layer of meat. Bake an hour or longer in slow oven.

ROAST LOIN OF PORK

Score the skin in strips about a quarter of an inch apart; place it in a dripping-pan with a very little water under it; cook it moderately at first, as a high heat hardens the rind before the meat is heated through. If it is very lean, it should be rubbed with fresh lard, or butter when put into the pan. A stuffing might be made of bread crumbs, chopped sage and onions, pepper and salt, and baked separately on a pie dish; this method is better than putting it in the meat, as many persons have a great aversion to its flavor. A loin weighing about six pounds will roast in two hours; allow more time if it should be very fat. Make a gravy with flour stirred into the pork drippings. Serve with applesause and pickles.

PORK CHOPS

Dip each chop in beaten egg. Roll each chop in corn flakes. Place in roasting pan. Put a slice of onion on each chop. Put in oven and bake until done.

MEAT AND BREADCRUMB CAKES

To 4 parts of chopped or ground meat, add one part of soaked bread-crumbs, a small quantity of chopped onion, salt and pepper to taste. Mix and form into small round cakes. Brown the cakes in butter or other fat. Raw ground meat may be used. If so the pan should be covered so that greater heat will be applied.

CALF'S LIVER AND BACON

Cut 1 pound of liver into $\frac{1}{4}$ -inch slices. Cover with boiling water, let stand five minutes to draw out the blood. Drain, remove veins and skin. Wipe the liver, sprinkle with salt and pepper. Cook in hot bacon fat until brown on both sides, turning occasionally. Make a gravy, using 2 table-spoons of the bacon fat and 4 table-spoons of flour. Brown the two in a pan, add 2 cups of boiling water gradually and stir until smooth, season with salt and pepper. Put the browned slices of liver into the gravy on a hot dish, arrange the crisp bacon around the edge and serve. Liver may be larded and baked in one large piece.

ROAST MUTTON

The pieces mostly used for roasting are the hind quarters of the sheep, called the loin, and leg, the fore-quarter, the shoulder, also the chine or saddle, which is the two loins together. Every part should be trimmed off that cannot be eaten; then wash well and dry with a clean cloth; lay it in your dripping pan and put in a little water to baste it with at first; then afterwards with its own gravy. Allow, in roasting, about 12 minutes to the pound; that is, if your fire is strong, which it should be. It should not be salted at first, as that tends to harden it, and draws out too much of the blood or juices; but salt soon after it begins to roast well. If there is any danger of its browning too fast, cover it with a sheet of white paper. Baste it often, and about a quarter of an hour before you think it will be done dredge the meat very lightly with flour and baste it with butter. Skim the gravy well and thicken very slightly with brown flour. Serve with currant jelly or other tart sauce.

TO USE LEFT-OVER MUTTON

Cold mutton, 3 large onions, $\frac{1}{2}$ tablespoonful Worcestershire sauce, juice of $\frac{1}{2}$ lemon, $\frac{1}{2}$ teaspoon salt, 1 tablespoon butter, $\frac{1}{2}$ teaspoon curry powder, a little pepper. Slice onions and lay them on the bottom of a sauce pan, add the lemon juice. Lay the cold meat cut in slices on this bed of onions and cover the sauce pan. Cook 1 hour over a very slow fire, then add the butter rolled in flour, Worcestershire sauce, curry powder and seasoning. Cook five minutes longer and serve.

SAUSAGE ROLLS

Make a dough as for biscuits. Roll thin, cut into rounds. Spread with sausage meat and turn the other side over. Pinch edges together and put in baking pan. Bake half an hour. Nice served with meat course.

POT ROAST

Put meat in pot and sear on both sides to a rich brown. Add a pint of water and keep just below boiling point. Keep adding water to keep meat from getting dry. Cook till tender. Add seasoning after first hour. Serve with brown gravy made in dish in which meat is cooked.

STUFFED TENDERLOIN

Procure nice strips of tenderloin. Fasten with skewers. Fill the centre with bread dressing and roast. Put in oven at 400 degrees, turn off top, bottom at low. Time about 30 minutes.

JELLIED CONSOMME OR BOUILLON

Take $1\frac{1}{2}$ cups of any left-over consomme or bouillon and bring to the boiling point; add 1 tablespoonful Knox sparkling gelatine soaked in $\frac{1}{2}$ cup cold water. Season highly and chill. Beat slightly with a fork or cut in cubes. Serve in cups. The above may be used as a basis of many combinations, utilizing left-over chicken, eggs, vegetables, macaroni or rice.

STEWED LAMB

Put lamb in frying pan with a tablespoon of butter and onion cut fine. Cook for a minute. Season with salt and pepper and parsley. Cover with water and cook $2\frac{1}{2}$ hours. Put some potatoes in a short time before lamb is done.

MEAT LOAF

Take 2 cups of any left-over stock, bouillon or diluted gravy, bring to the boiling point and add one envelope Knox sparkling gelatine softened in $\frac{1}{2}$ cup cold water. When mixture begins to stiffen, add two cups of any cold chopped meat at hand (veal, ham, beef or chicken). Also mold in a little red or green pepper, celery, onion if desired, or parsley. Turn into a square mold first dipped in cold water and chill. Remove from mold and cut into slices for serving.

MOCK DUCK

A delicious dish from an inexpensive steak. On a round steak cut thin, place a stuffing of breadcrumbs well seasoned with chopped onions, butter or other fat, salt and Sweetheart pepper, and flavoring such as sage, celery seed, etc, if desired. Roll the steak around the stuffing and tie in several places with a string. If the steak is tough, steam or stew the roll until tender. Roll may be cooked in a casserole, in which case a cupful or more of water should be added.

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MEAT SAUCES

It provoketh a fine appetite if sauce your meat be by.—BABEES BOOK.

TOMATO SAUCE

Stew one dozen tomatoes in a pint of soup stock, with one onion, a bunch of parsley, salt and Sweetheart pepper. Boil soft and rub through a fine sieve. Thicken with butter and roll in Imperial Patent flour.

BREAD SAUCE

One pint of milk, take bread two days old, cut all crust off and rub through colander. Let milk scald, with a dash or two of cayenne. A little black pepper and salt to taste, piece of butter size of walnut; add just before serving 1½ cups of bread crumbs, stirring all the time. Set at back of stove for a few minutes. To be eaten with turkey or chicken.

MINT SAUCE

Mix one tablespoon white sugar with a teacup of cider vinegar, add finely chopped mint, and let it infuse half an hour in a cool place. Serve with roast lamb.

DRESSING FOR TURKEY

Crumble bread fine, add butter, summer savory or parsley, salt and Sweetheart pepper to taste. Mix all together with one raw egg. One chopped onion may be added, if preferred.

DRESSING FOR GOOSE OR DUCK

Mash potatoes fine, add equal quantity of bread crumbs; season with minced onion, Sweetheart sage, salt and Sweetheart pepper. Never fill the fowl more than two-thirds full.

STUFFING FOR VEAL

Three cups stale bread crumbs, three onions chopped fine, 1 teaspoon salt, ½ teaspoon Sweetheart white pepper, 2 tablespoons chopped parsley, ½ cup melted butter or suet.

CORRECT SAUCES FOR MEATS, ETC.

Roast Beef—Grated horse radish.

Roast Veal—Tomato sauce or horse radish sauce.

Roast Mutton—Currant jelly and caper sauce.

Roast Pork—Apple sauce.

Roast Lamb—Mint sauce.

Roast Turkey—Cranberry jelly.

Roast Venison—Black currant jelly.

Roast Goose—Tart apple sauce.

Roast Canvas Back—Black currant jelly.

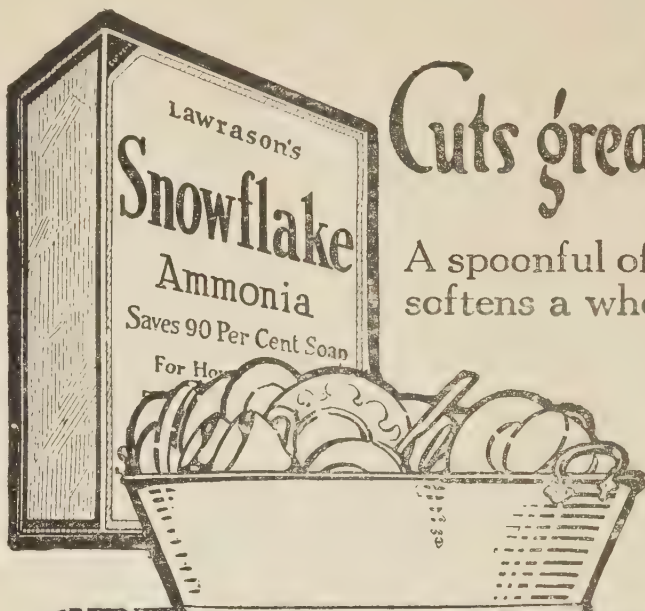
Roast Chicken—Bread sauce.

Roast Chicken—Cream gravy and corn fritters.

Corned Beef—Mustard.

Broiled Fresh Mackerel—Stewed gooseberries.

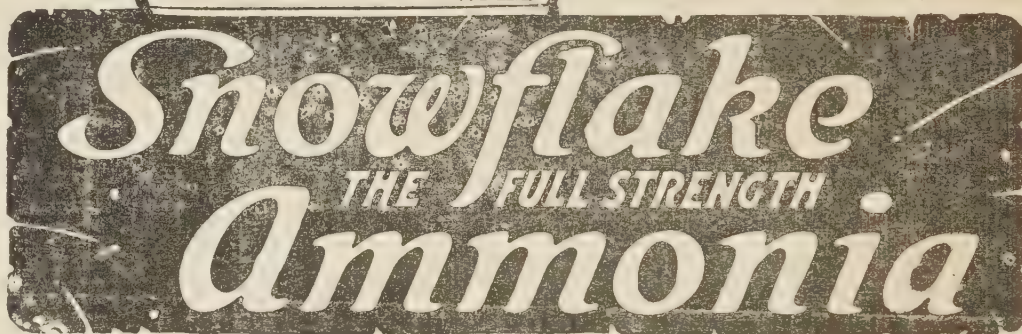
Fresh Salmon—Cream sauce and green peas.



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TIME REQUIRED FOR COOKING:

Venison, rare, per pound, 10 minutes.

Chicken, per pound, 10 minutes.

Goose, per pound, 18 minutes.

Turkey, 8 pounds, 1¾ hours.

Duck, tame, 45 minutes.

Duck, wild, very hot oven, 20 to 40 minutes.

Partridge, 20 to 25 minutes.

ROAST GOOSE WITH STUFFING

Select a goose of suitable size for the number to be served. One pound to a person is usually allowed. Dress and clean goose by scrubbing it inside and outside with soda water. Rinse in boiling water and dry; stuff and sew up or skewer. Rub with flour, salt and pepper, mixed. Place breast down in a roasting pan. Baste with the drippings; after the first hour, add 1 cupful water. Turn breast one side down in a roasting pan. For an 8-pound goose, allow 4 hours in a slow oven. Skim off most of the fat in the pan and make gravy by adding 1 cup white sauce, stirring until well mixed and then add hot water gradually to make of right consistency.

STEWED CHICKEN

Cut chicken into pieces for serving. Cover with boiling water; boil 5 minutes. Reduce heat; cook below boiling point until tender. Add ½ tablespoon salt after first half hour. Drain stock from chicken; measure. Make up to required amount with milk or water. Make sauce. Arrange chicken on platter; pour sauce over. Garnish and serve with hot tea biscuit, toast points, molded steamed rice or dumplings; garnish with parsley.

SAUCE FOR STEWED CHICKEN

3 cups chicken stock, 1/3 cup Daisy flour, 1/3 cup cold water, salt and Sweetheart pepper, 2 egg yolks, 2 tablespoons chopped parsley. Blend flour with cold water, add to stock slowly. Stir and cook until thickened; season. Add yolks of eggs, well beaten; cook a minute; add parsley. Serve at once on chicken.

BREAD STUFFING

One pint of stale bread crumbs, 2 tablespoons of melted butter, 1 teaspoon of salt, ¼ teaspoon of Sweetheart black pepper, 1 tablespoon of chopped parsley, one teaspoon of sweet marjoram. Mix the bread, salt, pepper, parsley and marjoram together, then moisten with the melted butter, and it is ready to use.

CHICKEN IN JELLY

A little cold chicken (about one pint), one cupful of water or stock, one-fifth of a box of Knox gelatine, $\frac{1}{2}$ teaspoon curry powder, salt, pepper. Cut the meat from the bones of a chicken left from dinner. Put the bones on with water to cover, and boil down to one cupful. Put the gelatine to soak in $\frac{1}{4}$ cupful of cold water. When the stock is reduced as much as is necessary, strain and season. Add the curry and chicken. Season and simmer 10 minutes; then add the gelatine, and stir on the table until dissolved. Turn all into a mold and set away to harden. This makes a nice relish for tea or lunch. If you have mushrooms, omit the curry, and cut four of them into dice. Stir into the mixture while cooking. This dish may be varied by using whites of hard-boiled eggs or bits of boiled ham. To serve, dip the mould in warm water and turn out on the dish. Garnish with parsley.

ONION DRESSING

This may be made the same as bread stuffing, omitting the sweet marjoram, and adding two large tablespoons of chopped onion.

POTATO STUFFING

Two cups of hot mashed potatoes, 1 teaspoon of onion juice, 4 tablespoons of cream, quarter of teaspoon of black pepper, yolks of 2 eggs, 1 teaspoon of salt, 1 tablespoon of chopped parsley, 1 tablespoon butter. Mix the whole together and beat well. This stuffing is nice for ducks or geese.

VEGETABLES

*A feast consisting of the produce of the fields
All the luxury of the country yields.*

TIME REQUIRED FOR COOKING VEGETABLES.

Potatoes, 20 to 30 minutes.
Asparagus, 20 to 25 minutes.
Peas, 15 to 20 minutes.
Beans, 20 to 30 minutes.
Spinach, 15 to 20 minutes.
Turnips, 30 minutes.
New beets, 30 or more minutes.
Cabbage, 20 minutes.
Cauliflower, 30 minutes.
Onions, 30 to 40 minutes.
Parsnips, 30 to 40 minutes.
Green corn, 20 to 25 minutes.
Macaroni, 20 minutes.
Rice, 20 to 25 minutes.

SCALLOPED POTATOES

This dish may be made with either raw potatoes or cold boiled potatoes. Wash, pare and cut into thin slices. Grease well the sides and bottom of a baking dish. Put in a layer of potatoes, then sprinkle with salt and pepper and dust lightly with flour. Repeat until the dish is filled. Add hot milk until it may be seen through the top layer. Then sprinkle cracker crumbs on the top and add a few pieces of fat. Bake slowly for $1\frac{1}{4}$ hours if raw potatoes were used. If cooked potatoes were used less time will be required in the oven.

POTATO WHISTLE

Grease well the sides and bottom of an ordinary baking dish. Line it to a depth of $\frac{1}{2}$ inch with mashed potatoes. Add to this a layer of well-minced, seasoned cooked meat. Cover with another layer of mashed potatoes and heat in the oven until the potatoes are brown on top. Vary this by using instead of the meat, canned salmon or any left-over fish, creamed codfish, smoked fish, chipped dried beef.

TOMATO HINT

Tomatoes are an excellent article of diet for old and young. When cooking canned tomatoes add a little sugar. This removes some of the acid and helps the flavor.

ASPARAGUS

During the asparagus season it should be served two or three times a week. It is a healthful vegetable and as good as a tonic. Here are a few suggestions as to ways you can serve asparagus. Where possible steam asparagus rather than boil it.

ASPARAGUS—BOIL

Use tougher parts of stalks for soups. Tender, served plain or in white sauce. Serve boiled asparagus on scrambled eggs on toast or on fried mush.

SCALLOPED ASPARAGUS

Wash and scrape the asparagus and cut into pieces a half inch in length; throw into boiling, salted water, and boil rapidly twenty minutes. Drain, saving the water in which it was boiled. To each pint of the asparagus pieces, allow: 1 tablespoon of butter, one tablespoon Daisy flour, 1 gill of the asparagus water, 1 gill of thick cream, $\frac{1}{2}$ teaspoon of salt, a dash of pepper. Put the butter in a frying pan to melt; do not brown; add the flour; rub until smooth; then add the cream and asparagus water; stir continually until it boils; take from the fire, and add the salt and pepper. Put a layer of the asparagus in the bottom of the baking dish, then a layer of the sauce, then another layer of the asparagus, and another of sauce, and so continue, having the last layer sauce. Sprinkle the top lightly with stale bread crumbs and stand in a very quick oven for a few moments to brown.

FRIED ASPARAGUS

Wash and scrape the asparagus, cover with boiling water and let it stand five minutes; drain and dry on a soft towel. Sprinkle well with salt and Sweetheart pepper. Beat an egg until very light; add to it half a cup of milk and sufficient flour to make a thin batter; add a half teaspoon of salt and beat the batter until smooth. Dip the asparagus one piece at a time into this batter, and drop at once into hot fat, and fry until a golden brown. When done drain on brown paper, and serve hot.

STEWED ONIONS

One quart onions, white pepper, 2 tablespoons butter, $\frac{1}{4}$ teaspoonful salt. Peel the onions under cold water. Cover with boiling water, add salt and simmer until tender. Drain and serve with one cup or white sauce; or omit the sauce and serve seasoned with butter and pepper. Serves six.

SCALLOPED ONIONS

Pare and slice two Spanish onions very thin. Butter a baking dish and put in a layer of the sliced onion, dot with butter, dust with pepper and salt, then cover with a thin layer of crumbs, adding two teaspoonfuls of sugar. Continue in this way until the dish is full, having the last layer of crumbs. Dot the top with plenty of butter and turn in half a cupful of well-seasoned tomato juice that has been strained and not thickened. Bake for 20 minutes or until the scallop is done and delicately browned.

BAKED ONIONS

Peel onions or parboil in slightly salted water. Pour off water. Place onions in a buttered baking dish. Bake until tender. Baste occasionally with melted butter and hot water.

BAKED ONIONS

Peel onions enough to allow one to a portion. Use Spanish or large white ones for baking. Peel the onions, then boil in the usual way until tender enough to pierce with a fine straw. Drain and cool them. When cool cut out the centres, oil over the outsides, and set the onions in a buttered baking dish. Chop the centres fine, add butter, pepper, salt and a teaspoonful each of chopped pepper, celery and cold boiled ham. Mix well, add a little cream and a few crumbs to firm the mixture, then **stuff** the onions. Cover and bake 10 minutes, then uncover, baste with **butter** and then brown the onions.

ONION PATTIES

Buy or make as many pattie shells as are needed and boil two dozen small white onions until tender, then drain them. Quarter the onions with a sharp knife, put over them a generous lump of butter, pepper, salt and a little sugar, add two tablespoonfuls of very dry crumbs with one tablespoonful of finely chopped nuts. Fold in the stiffly beaten white of an egg, fill the shells, and dust the tops with grated cheese. Cover in the oven and cook 8 to 10 minutes. Serve on a hot dish or plates, put the little tops on each patty and garnish with parsley.

CAULIFLOWER WITH SAUCE

Cook cauliflower in a deep uncovered saucepan and when nearly done, place in a baking dish with cream sauce, sprinkle with cheese and paprika and bake until brown.—*Mrs. Barnes.*

CABBAGE

Cut the cabbage into quarters and soak one-half hour in cold salt water to draw out any insects. Chop or shred, cover with boiling water, add salt, and simmer until tender. Drain, and serve with butter, salt and pepper, or with a sauce.

CARROTS

Scrape the carrots and cut them into large dice or slices. Add boiling water and boil until tender (from 30 to 45 minutes). Drain, and season with butter, salt and pepper, or serve with white sauce.

WHITE SAUCE

2 tablespoons butter or other fat, 2 tablespoons Daisy flour, 1 cup milk, $\frac{1}{4}$ teaspoon salt, $\frac{1}{8}$ teaspoon Sweetheart pepper. Melt the butter, add the flour, and stir over the fire until frothy. Add the milk and stir constantly until it thickens. Stir in the seasonings. (Sufficient for 1 pint vegetables).

NOTE.—Vegetable water may be substituted for part of the milk.

Cheese sauce is made from white sauce, omitting the fat and after the sauce is thoroughly cooked adding half as much cheese as milk used. Serve on toast or crackers.

SPINACH WITH CHEESE

2 tablespoons of butter, 2 tablespoons of flour, 1 pint of milk (2 cups), 1 cup of crumbled cheese, 1 can spinach, hard boiled eggs. Make a thick cream sauce, blending the butter, flour and milk. Add the cheese and stir over a slow fire until melted. Heat and season the spinach. Put in a dish. Pour over the cheese sauce and garnish with slices of hard boiled egg.

MASHED POTATOES

15 pounds potatoes, $1\frac{1}{2}$ quarts milk (scalded), $\frac{1}{4}$ cup salt, $\frac{1}{2}$ cup melted crisco. Wash and pare potatoes and boil or steam until tender. Mash until free from lumps and add milk, salt and crisco. Beat until light. Serve immediately. This recipe makes about 100 servings.

STUFFED BAKED POTATOES

Scrub the potatoes well and bake in the usual way. When done cut off a piece of the top on flat sides. Scoop out the inside of potatoes, mash with cream and season well with butter, salt and pepper. Make them fluffy. Then put the mashed potatoes back into potato shells. Dot tops with pieces of butter (cheese if desired) and just before serving, heat and brown them in the oven. If fixing these potatoes for a party stick an appropriate favor in top of potato.

STUFFED POTATOES

Cut the top off the side of three baked potatoes. Give the potatoes a squeeze first. Scoop out the inside part and mash it with 1 tablespoon fat, pepper and salt and 2 tablespoons milk and beat until light. Refill, still leaving the top a little rough. Brown lightly in an oven.

The following may be mixed with the mashed potato in the recipe just given:

- (a) Finely chopped cold meat.
- (b) Finely minced parsley.
- (c) A little grated onion.
- (d) 1 egg to 1 cup mashed potatoes.
- (e) The top may be sprinkled with a little grated cheese.

BAKED BEANS

4 quarts pea beans, $\frac{1}{4}$ cup soda, 1 cup molasses, $\frac{1}{2}$ cup sugar, 2 teaspoons Sweetheart mustard, 2 teaspoons paprika, 6 tablespoons salt, 2 cups crisco, 3 quarts hot water. Soak beans overnight. Drain. Cover with water, add soda and cook slowly until almost tender. Drain. Add molasses, sugar, mustard, paprika, salt, crisco and hot water. Bake in shallow pans in a moderate oven (325 degrees F.) 1 to $1\frac{1}{2}$ hours. This recipe makes about 75 servings.

GARNISHED SPINACH

Spinach, when thoroughly cleaned, well cooked and attractively garnished, is an aristocrat among the vegetables and a great health-maker. Cut off coarse part of stalks, toss leaves into a small tub or large pan of cold water, souse up and down a little, then leave for some time; the sand will sink to the bottom. Lift out spinach quietly and repeat or wash under running water. Put into enameled saucepan with a very little water. Cook without a cover until tender. Drain through collander (being sure to save the water to add to an equal quantity of thin cream sauce for a delicious soup) and chop well with a sharp knife. Turn into heated dish and set in oven a moment; garnish top with sliced hard cooked egg and add a little melted butter.

For moulded spinach, press firmly into small moulds or a bowl of convenient size. Sliced egg may be arranged in bowl first. Set in oven if wanted hot. Turn out to serve, on flat dish.

Salads and Dressings

A dish that I do love to feed upon.

SALMON SALAD

Flake 1 can of salmon fine, 1 cup of cabbage cut fine, 1 cup of celery cut fine, sprinkle a pinch of salt, dash of paprika; mix lightly and chill them. Mix with mayonnaise dressing. Serve on lettuce leaves.

SALMON SALAD

One large can of red salmon, 1 cup chopped celery, 1 cup chopped English walnuts, 4 or 5 sweet pickles (gherkins). Mix well with cream mayonnaise.

PERFECTION SALAD

1 envelope Knox sparkling gelatine, $\frac{1}{2}$ cup cold water, $\frac{1}{2}$ cup mild vinegar, 2 tablespoonfuls lemon juice, 2 cups boiling water, $\frac{1}{2}$ cup sugar, 1 teaspoonful salt, 1 cup cabbage, finely shredded, 2 cups celery, cut in small pieces, 2 pimientos, cut in small pieces, or $\frac{1}{4}$ cup sweet red or green peppers. Soak gelatine in cold water 5 minutes. Add vinegar, lemon juice, boiling water, sugar and salt. Strain, and when mixture begins to stiffen, add remaining ingredients. Turn into mould, first dipped in cold water, and chill. Remove to bed of lettuce or endive. Garnish with mayonnaise dressing, or cut into cubes, and serve in cases made of red or green peppers, or turn into moulds lined with canned pimientos. A delicious accompaniment to cold sliced chicken or veal.

LUNCHEON SALAD

1 envelope Knox Sparkling gelatine, 1 cup cold water, $1\frac{1}{2}$ cups boiling water, $\frac{1}{2}$ cup lemon juice, $\frac{1}{2}$ cup sugar, 3 tart apples, 1 cup celery cut in small pieces, $\frac{1}{2}$ cup pecan nut meats.

Soak gelatine in cold water five minutes, and dissolve in boiling water. Add lemon juice and sugar. When mixture begins to stiffen, add apples, sliced in small pieces, chopped celery and broken nut meats. Turn into mould, first dipped in cold water, and chill. Accompany with mayonnaise dressing. This mixture may be served in cases made from bright red apples.

PEANUT AND CABBAGE SALAD

This is a dandy winter salad. 2 cups of shredded cabbage, 1 small green pepper (cut up), 1 cup of chopped peanuts. Mix lightly. Blend with French dressing.

TOMATO ASPIC JELLY

1 envelope of Knox gelatine, $\frac{1}{2}$ cup of cold water, $3\frac{1}{2}$ cups of canned tomatoes, little onion, little celery, little cloves, little salt, few grains of cayenne, 2 tablespoons vinegar. Soak the gelatine in cold water a few minutes. Mix all other ingredients except vinegar. Boil 15 minutes. Add vinegar and dissolved gelatine. Turn into large mould or individual moulds. Serve on lettuce leaves. Garnish with egg and green pepper.

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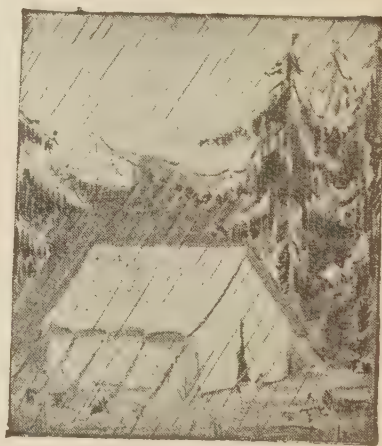
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FRENCH DRESSING

Proportions for making French dressing are always 3 to 1. 3 table-spoons of oil to 1 of vinegar. Mix dry ingredients. A little sugar, pepper, salt, a little mustard, lots of paprika. Add oil and then vinegar. Blend well. Pour into a bottle and shake well. This is an ideal way to keep a bottle of French dressing made up.

SPRING SALAD

Dice cucumber, dice tomatoes, dice radishes, cut up green onions. Mix with French dressing. Let stand in the ice box until cold. Serve on lettuce leaves.

ASPARAGUS SALAD

Cook asparagus until done. Remove from water and cool. Place on crisp lettuce leaves. On top of asparagus put diced celery, chopped pickles and nuts. Pour French dressing over this. Top with a little mayonnaise and trim with a piece of pimento or green pepper.

HOW TO PREPARE POTATO SALAD

Boil eight potatoes; peel and slice. Dice four slices of bacon and try out slowly in frying pan. Add one tablespoonful of flour, two teaspoonfuls of sugar, one teaspoonful of mustard, one cup of vinegar, one scant cup of water, salt and pepper to taste. Stir over slow fire until it thickens slightly. Remove from fire and add potatoes. Sliced onion, cucumber, tomato, celery and hard boiled egg may be added if desired. This recipe will serve eight to ten people.

FRUIT SALAD

$\frac{1}{2}$ cup of pcans, $\frac{1}{2}$ pound of marshmallows, cut in pieces, 1 pound of seeded white grapes, can of sliced pineapple cut in small pieces, 4 bananas cut in small pieces. Mix ingredients and serve with whipped cream or fruit salad dressing. This recipe will serve 12 to 14 people.

CABBAGE PINEAPPLE SALAD

$1\frac{1}{2}$ cups grated cabbage, 1 cup chopped pineapple, $\frac{1}{2}$ cup chopped celery, $\frac{1}{2}$ cup chopped almonds. Mix all together and serve with a fruit salad dressing.

EMERGENCY SALAD

Take any cold meat or fowl left from dinner, chop lean parts moderately, add chopped celery, lettuce or cabbage to about half the amount of meat to make emergency salad. Serve with salad cream and olives.

ONION SALAD DRESSING

Peel and grate one tender Spanish onion. Put $\frac{1}{2}$ cup each of water and vinegar into a saucepan with a heaping teaspoonful of butter and 2 tablespoonfuls of sugar. Bring to the boiling point and thicken with a small teaspoonful of cornstarch dissolved in a small amount of water. When slightly thickened turn on to the beaten yolk of an egg, add the onion and stir until cool.

FRUIT SALAD

Combine pineapple cubes, white grapes, quartered marshmallows and blanched almonds halved. Serve on lettuce with lots of whipped cream in dressing.

TOMATO SALAD

Select large smooth tomatoes, peel, cut in halves, scoop out centre. Turn upside down to drain for a few minutes, then fill with chopped celery, onion and cooked peas mixed with a little salad dressing.

SALMON SALAD

Pick over 1 can salmon. Add $\frac{1}{2}$ cup of celery cut up fine, 1 small onion cut fine, 2 hard boiled eggs cut fine. Arrange on lettuce leaves and pour dressing over.

GRAPE SALAD

On heaping cup of chopped celery, $\frac{1}{2}$ cup of nuts, 1 cup of white grapes cut lengthwise and seeded. Serve with finely chopped lettuce and salad dressing.

BUTTERFLY SALAD

$\frac{1}{2}$ small package cream cheese, 1 tin sliced pineapple, few stuffed olives, 8 dates, citron peel, shredded lettuce. Stone dates and fill the cavity with a roll of cream cheese, allowing one end of roll to protrude somewhat. This forms the body of the butterfly. To make the wings cut a slice of pineapple in two, placing a half slice on either side of the date. Arrange slices of stuffed olives as spots or markings on the wings. Insert small strips of peel in the protruding portion of cream cheese for feelers. Serve on shredded lettuce. Serves 8 persons.

SALAD ORNAMENTAL

First a lettuce leaf on plate, then a slice of canned pineapple with hole in centre. Set in the hole upright half a banana peeled. On top stick in a small piece of shredded cocoanut and a small red cherry. Serve salad dressing in a separate dish. You have a pretty candle for each guest.

PRETTY SALAD

Half a hard-boiled egg in centre of small salad plate, around it a ring of chopped cabbage, then a ring of chopped beet, then the outside ring of shredded lettuce. Salt and pepper and serve salad dressing separately.

TO SERVE WITH SALAD

1. Cook large prunes, stone, stuff with cream cheese, roll in cocoanut.
2. Roll cream cheese like carrot, with sprig of parsley in top.
3. Stuff stoned dates with nuts and mayonnaise. Roll in cocoanut.

FRUIT SALAD

Place a slice of pineapple on a lettuce leaf and spread with a thin coating of soft cream cheese. Cut pimentos into thin strips and place on top of the pineapple, radiating from the centre. Put a large teaspoonful of fruit salad dressing in the centre of the pineapple.

SALAD DRESSING

1 egg, a pinch of salt, $\frac{1}{2}$ cup of sugar, 2 teaspoons of mustard, $1\frac{1}{2}$ teaspoons of cornstarch, stir all together then add $\frac{1}{2}$ cup of vinegar and $\frac{1}{2}$ cup of water and piece of butter the size of a walnut.

DAISY SALAD (Good)

2 quarts green tomatoes, 2 quarts onions, 2 quarts cucumbers, 2 celery, 1 cauliflower. Chop together and set away over night in $\frac{3}{4}$ cup salt. 2 qts. vinegar, boil 4 green peppers in it, then skim out the peppers, $\frac{1}{2}$ cup mustard, 1 cup Imperial Patent flour, 1 oz. tumeric, 2 cups sugar dissolved in some of the vinegar, then stir in the hot vinegar and boil the salad ten minutes.—*Mrs. G. E. Parkinson.*

CUCUMBER SALAD

2 dozen large cucumbers sliced, 6 large onions, sprinkle with salt, let stand over night, drain well and cover with vinegar, brown sugar to sweeten to taste. Let come to a boil but don't allow it to boil. Lift out the pickles, add to the vinegar and sugar 2 tablespoons mustard, 2 of cornstarch, 1 teaspoon tumeric.

FRUIT SALAD DRESSING

3 tablespoons of lemon juice, 1 egg, 1 egg yolk, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ pint of cream. Beat egg stiff, add sugar and beat again, add lemon juice. Cook in double boiler until thick, stirring constantly. Add $\frac{1}{2}$ pint of cream, whipped. More cream may be added if desired.

SALAD DRESSING

$2\frac{1}{2}$ tablespoons melted butter, 1 cup milk or cream, $\frac{1}{2}$ tablespoon salt, $\frac{1}{2}$ tablespoon mustard, 1 tablespoon Imperial Patent flour, 1 egg, $\frac{1}{4}$ cup vinegar. Mix dry ingredients together, moisten with milk, add egg beaten. when milk comes to boil, mix and boil for a few minutes. Add vinegar slowly, stirring all the time.—*Mrs. Stewart.*

SPANISH SALAD

Dissolve 1 pkg. of Sweetheart lemon gelatine in 1 pint of boiling water, 1 tablespoon vinegar mixed lightly, 1 cup of finely shredded cabbage, 1 cup chopped celery, $\frac{1}{2}$ cup chopped pickles, $\frac{1}{3}$ can pimentos. Season with salt. When jelly begins to thicken add the mixture. Put in teacups or individual molds. Serve on lettuce leaves.—*Mrs. A. Nichols.*

CARROT SALAD

To one cupful grated raw carrot add $\frac{1}{2}$ cup English walnuts (ground). Mix with boiled dressing and serve on lettuce leaf.

—*Mrs. G. R. Emmons.*

SALAD DRESSING

Two large tablespoons brown sugar, 1 tablespoon Imperial Patent flour, 1 teaspoon salt, $\frac{1}{2}$ teaspoon Sweetheart pepper, 1 teaspoon mustard; Add 2 eggs and mix all together. Heat 1 cup of vinegar and 1 cup of water, then add egg mixture and cook till thick then add piece of butter.

—*Jean Davidson.*

FRUIT SALAD

Two large apples diced, 2 bananas sliced, 2 slices of pineapple, a few nuts and $\frac{1}{2}$ dozen marshmallows cut in small pieces. Mix with boiled dressing and top with whipped cream and garnishing cherry.—*Pearl Parr.*

INDIAN SALAD

Allow a small amount of lemon jelly to harden in individual molds, then fill with the following mixture: $\frac{1}{2}$ cocoanut grated, two apples cored and chopped, two cups of celery chopped, 3 pimientos, 1 tablespoonful grated onion, $\frac{1}{3}$ teaspoonful salt. Cover with liquid lemon jelly, and, when hardened, unmold and sprinkle with some of the grated cocoanut. Serve on lettuce leaves with mayonnaise dressing. Garnish with pieces of bright red pepper.

LUNCHEON SALAD

1 envelope Knox sparkling gelatine, 1 cup cold water, $1\frac{1}{2}$ cups boiling water, $\frac{1}{2}$ cup lemon juice, $\frac{1}{2}$ cup sugar, 3 tart apples, $\frac{1}{2}$ cup pecan nut meats, 1 cup celery, cut in small pieces. Soak gelatine in cold water 10 minutes, and dissolve in boiling water. Add lemon juice and sugar. When mixture begins to stiffen, add apples, cut in small pieces, chopped celery and broken nut meats. Turn into mold, first dipped in cold water, and chill. Accompany with mayonnaise dressing. This mixture may be served in cases made from bright red apples. Small pieces of sweet red pepper may be added.

FRUIT SALAD SUPREME

One envelope Knox sparkling gelatine, $\frac{1}{2}$ cup cold water, $\frac{1}{2}$ cup lemon and orange juice mixed, 2 cups boiling water, $\frac{1}{2}$ cup sugar, 3 cups fresh fruit, cut in small pieces. Soak gelatine in the cold water ten minutes and add boiling water, fruit juices and sugar. Strain, and when mixture begins to stiffen, add fruit, using cherries, oranges, bananas, or cooked pineapple, alone or in combination. Turn into mold, first dipped in cold water, and chill. Remove from mold to nest of crisp lettuce leaves; accompany with mayonnaise or boiled salad dressing. Substitute vegetables for the fruit and you will have a delicious vegetable salad.

EGGLESS BOILED SALAD DRESSING

$\frac{3}{4}$ teaspoon Sweetheart mustard, 1 teaspoon salt, $\frac{1}{8}$ teaspoon pepper, 3 tablespoons vinegar, $\frac{1}{4}$ teaspoon celery salt, 1 tablespoon Imperial patent flour, 1 scant tablespoon sugar, 1 cup cream. Mix dry ingredients and add cream. When smooth turn in boiling vinegar and cook till smooth and creamy. If inconvenient to use cream, $\frac{3}{4}$ cup of milk and $\frac{1}{4}$ cup of butter will do instead.

BOILED SALAD DRESSING

$\frac{1}{2}$ tablespoon salt, 3 tablespoons sugar, 1 teaspoon Sweetheart mustard, $\frac{1}{2}$ tablespoon flour, $\frac{1}{2}$ cup vinegar, 2 eggs, $\frac{3}{4}$ cup milk, 1 tablespoon butter or other shortening. Mix dry ingredients in top of double boiler, add vinegar and beaten egg yolks and mix, add milk and butter. Cook over hot water until thick and smooth. Take from fire and add beaten egg whites. Cool and serve.—*L. Dean.*

PICKLES

"My Lord, I hope you are pepper proof."

CUCUMBER AND ONION PICKLE

Peel onions and cucumbers, sprinkle liberally with salt and leave over night. In the morning drain and cover with boiling water. Let it get cool. Repeat this three times, then put in jars. Liquor to cover: Two cups vinegar, one cup sugar, one teaspoon Sweetheart mixed spice. Bring to a boil, then fill jars and seal. Some red peppers added make them look nice when served on the table.

CUCUMBER PICKLES

Let whole cucumbers stand in salt water for three or four days, or a week. Then take out of brine, and pour over them boiling hot water with alum enough to taste. Let stand until cool. Then drain again and pour over them boiling hot water and vinegar, half and half. Let them stand for two or three days, then pack in jars. Then to two quarts of vinegar add sugar and Sweetheart pickling spice to taste.—*Mrs. Kidner.*

EAST INDIA RELISH.

20 large ripe tomatoes, 4 large onions, 4 large red peppers (chopped fine, 3 cups brown sugar, 4 cups vinegar, 2 tablespoons salt. Boil from 3 to 5 hours, until quite thick.

SWEET PICKLES

Soak in brine 24 hours, pour off. Cover with boiling water, let cool, pour off. Scald in vinegar and water, half and half. Let cool. Take out, pack in jars. 6 cups granulated sugar, 2 teaspoons celery seed, 1 teaspoon currie powder, 3 quarts vinegar, 2½ dessert spoons Sweetheart mixed spice.

MOTHER'S FAVORITE PICKLES

1 quart boiled beets, 1 quart raw cabbage, 1 cup horse-radish, 2 cups sugar, teaspoon black Sweetheart pepper, ¼ teaspoon cayenne pepper. Cover with cold vinegar. Seal in jars.

PEPPER HASH

Two large heads of cabbage, 6 onions, 18 ripe red or green peppers. Chop separately and then mix and add ½ cup salt. Let stand 24 hours, then drain. Add 1 tablespoonful of celery seed, ½ cup of mustard seed, 2½ cups of white sugar and cover with vinegar. Do not cook.

GREEN TOMATO PICKLE.

Put through chopper 8 large tomatoes, 8 large apples, 4 large onions. Then add 1 cup brown sugar, 1 cup vinegar, 1 teaspoon salt, 1 teaspoon Sweetheart cinnamon, a little nutmeg, some small cloves. Boil all together.—*Mrs. J. Addison.*

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VARIETY PICKLES

One quart cucumbers, one quart onions, one quart cabbage, one quart cauliflower, three sweet peppers, all cut very fine and measure. After cutting set each in separate dishes and let it stand in salt and water over night. Drain off salt water in the morning, add 8 cups granulated sugar, $\frac{1}{2}$ gallon cider vinegar, $\frac{1}{4}$ ounce white mustard, $\frac{1}{2}$ ounce celery seed and let come to a boil. Make a paste of $\frac{2}{3}$ cup Imperial Patent flour, $\frac{1}{4}$ pound mustard, $\frac{1}{2}$ ounce tumeric. Mix a little vinegar and water and stir into the pickles. Let come to a boil to thicken. Bottle while hot. This is a delicious pickle.

GREEN TOMATO PICKLE.

One peck of green tomatoes, 9 large onions. Soak over night. $\frac{1}{2}$ peck of apples, 1 lb. raisins, 1 lb. white sugar, 1 pint vinegar, 1 pint water, 1 teaspoon Sweetheart pepper, celery seed and Sweetheart spices. Put all through chopper and boil $\frac{3}{4}$ of an hour.—*Mrs. Edyth Scott.*

CHILI SAUCE.

81 large tomatoes, 18 large onions, 9 red peppers, 2 bunches celery, 9 cups vinegar, 18 tablespoons sugar, 9 tablespoons salt, 36 teaspoons mixed Sweetheart spices. Boil from 1 to $1\frac{1}{2}$ hours.—*Mrs. Fenwick.*

CUCUMBER RELISH.

Two quarts cucumbers, 2 quarts onions, 1 small cauliflower, chopped together, sprinkle with $\frac{1}{2}$ cup salt, let stand over night. 1 bunch celery (do not salt) chopped fine. Put together $\frac{1}{2}$ cup Sweetheart mustard, 2 cups brown sugar, 2 tablespoons Imperial Patent flour, 1 teaspoon celery seed, 1 teaspoon tumeric powder, 1 teaspoon cayenne pepper, 1 quart vinegar, 2 cups water. Boil twenty minutes then pour over the other ingredients. When cold bottle.—*Mrs. Wm. Fenwick.*

TOMATO MARMALADE.

Pare and slice 4 quarts ripe tomatoes, add 4 lbs. granulated sugar, 6 large lemons, sliced thin, 1 cup seeded raisins. Put these into a kettle in layers and cook one hour, or until quite thick. Pack in jars and cover with paraffin. This is a delicious relish to serve with cold meats.

Mrs. Charles Toon.

CHUTNEY SAUCE.

10 lbs. ripe tomatoes, 4 lbs. granulated sugar, 5 lbs. sliced apples, 1 qt. vinegar, $\frac{1}{2}$ oz. Sweetheart cinnamon, $\frac{1}{2}$ oz. ground ginger, $\frac{1}{4}$ oz. whole cloves, $\frac{1}{4}$ oz. of mace (the spices in a bag). Add 1 qt. of onions if desired. Cook all ingredients slowly until quite thick like jam.—*Jose.*

PEPPER RELISH.

1 dozen red peppers, 1 dozen sweet green peppers, 3 large onions, 3 cups vinegar, 2 cups brown sugar, 1 tablespoon salt, 1 teaspoon Sweetheart cinnamon. Boil vinegar, sugar, salt and spice together. Then add peppers and onions and boil 15 minutes. Bottle and seal.—

Mrs. R. T. Marshall.

NINE-DAY PICKLE

Four qts. cucumbers cut in slices, put in brine (strong enough to float an egg) for 3 days, strain and put in fresh water 3 days, then pour liquid half wine vinegar and half water and simmer 3 hours with lump of alum size of a walnut, then drain and put in jars. Make syrup of 5 lbs. brown sugar, 2 qts. vinegar, 1 oz. stick cinnamon, 1 oz. allspice, 1 oz. celery seed. Boil all together, pour over pickles 3 mornings in succession. Boil liquid each time with whole spice. Use Sweetheart spice.—*Edith Clark.*

PICKLED SALAD

Chop 1 quart cucumbers, 1 quart of small onions, 1 quart green tomatoes, 1 cabbage, 1 cauliflower, 8 green peppers (4 hot and 4 sweet). Scald in salt water and drain, using $\frac{1}{2}$ cup salt. Then make the following dressing. Take 8 tablespoons Sweetheart mustard, 2 tablespoons tumeric, 3 cups brown sugar, 1 cup Imperial Patent flour, 2 qts. vinegar. Mix well and boil till it thickens, then pour over chopped vegetables and scald $\frac{1}{2}$ hour and bottle.—*Mrs. Richardson.*



BREAD and BISCUITS

Half a loaf is better than no bread.

SIX POINTS IN BREAD MAKING.

1. Use Daisy flour.
2. The flour should be sifted before using, to separate the particles.
3. Good yeast.
4. Thorough kneading. After it has had enough, knead it a while longer.
5. Do not let the dough rise too much. Nine out of ten bread-makers let their bread "rise" until its sweetness has been destroyed.
6. The oven can be too hot as well as too cool. The "happy medium" must be determined and selected.

There are three kinds of bread, viz.: Sweet bread, Bread and Sour Bread. Some housewives make sour bread, a great many make bread, but few make sweet bread. "Sweetness" in bread is a positive quality that not many bread-makers have yet discovered.

YEAST.

Two cups Daisy flour, 1 tablespoon of granulated sugar, 1 tablespoon salt, $\frac{1}{2}$ teaspoon Sweetheart ginger. Stir all together, and when the potatoes are cooked for the noonday meal, strain the potato water into the above mixture, also adding a cup of the mashed potatoes. Let this stand until luke warm, then add one Royal yeast cake that has been previously soaked in a cup of luke warm water for $\frac{1}{2}$ hour; stir all together, let stand in a warm room till next morning.—*Mrs. A. E. Tutt.*

BREAD.

$1\frac{1}{2}$ pints cold water, $1\frac{1}{2}$ pints hot water, 1 large tablespoon salt; sift enough Daisy flour into this to make a fairly stiff batter, then add one-half of the above quantity of yeast; stir thoroughly and put in a warm place to rise. Sift a pan of flour and put in a warm place to have ready when sponge is ready for mixing. This will be in a short time, as bread may be baked at from 4 to 6 hours after setting. This amount will make twelve ordinary loaves. The other half of the yeast may be put in a cool place and used for the second baking. In extremely hot weather I just make half the amount of yeast and use one-half yeast cake.—*Mrs. A. E. Tutt.*

NUT BREAD.

One egg, 1 cup ground walnuts, 1 teaspoon salt, 4 teaspoons Sweetheart baking powder, 1 cup brown sugar, $1\frac{1}{2}$ cups sweet milk, 2 cups Daisy flour. Beat up the egg, add sugar and mix in, add milk and mix in, add flour, salt and baking powder and beat, add walnuts. Put on back of stove to rise for 20 minutes. Bake one hour.

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GRAHAM LOAF.

One cup brown sugar, butter size of an egg, 1 cup sour milk, one teaspoon baking soda, 1 cup dates, $\frac{1}{2}$ cup chopped nuts, 1 cup Daisy white flour, 2 cups graham flour. Bake one hour in slow oven.

BOSTON BROWN BREAD.

Four teaspoons yellow sugar, 2 cups Daisy white flour, 2 tablespoons soda, $2\frac{1}{2}$ cups milk, $\frac{1}{2}$ teaspoon salt, 8 cups graham flour, $\frac{1}{2}$ teaspoon tartaric acid. Bake $2\frac{1}{2}$ hours in slow oven.

WALNUT BROWN BREAD.

Two cups graham flour, $1\frac{1}{2}$ cups Daisy white flour, 2 cups sweet milk, $\frac{1}{2}$ cup brown sugar, $\frac{1}{2}$ cup molasses, 1 cup walnuts chopped fine, 1 teaspoon salt, 1 large teaspoon baking soda. Beat light and bake in one loaf for one hour.

TEA BISCUITS.

One quart Daisy flour, in it sift two teaspoons Sweetheart cream of tartar, 1 teaspoon soda, 1 teaspoon salt; rub in lump of butter size of an egg. Mix into a soft dough with sweet milk. Roll the dough into a sheet about half an inch thick, cut into small biscuits and bake in a hot oven ten minutes.—*D. M. T.*

BREAD BISCUITS

One egg, 1 cup scalded milk, 2 tablespoons butter, 2 tablespoons sugar, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ cake yeast dissolved in warm water, $\frac{1}{2}$ cup currants; mix all together and stand in warm place over night; put in the pans in the morning and let rise. Bake in moderate oven.

FINEGANS

Short biscuit dough. Roll out about $1\frac{1}{2}$ inches thick; spread over with butter, then sprinkle with cinnamon and sugar quite thick. Roll and cut in small pieces and cook in quick oven. Use Daisy flour.

SCOTCH SHORT BREAD.

One pound Daisy flour, $\frac{1}{2}$ pound butter, $\frac{1}{4}$ pound sugar. Knead on the board, cut in squares and bake in a slow oven.

BRAN MUFFINS.

1 cup Daisy flour, 2 cups table bran, 1 cup raisins, $\frac{3}{4}$ cup brown sugar, 1 egg, 2 tablespoons shortening, pinch of salt, 1 teaspoon soda, 1 cup sour milk. Mix soda well in the milk after stirring the rest all together. This makes one dozen.

COCOANUT JOHNNY CAKE.

One cup Daisy flour, large $\frac{1}{2}$ cup cornmeal, 2 tablespoons sugar, $\frac{1}{4}$ teaspoon salt, 1 egg, 1 teaspoon Sweetheart cream tartar, $\frac{1}{2}$ teaspoon soda, 1 cup sweet milk. Sift soda and cream tartar with the flour, mix with the cornmeal, sugar, etc., then stir in the milk mixed with beaten egg and cocoanut. Bake 20 minutes.—*N. Denley.*

RAISIN BISCUITS.

Onea cup raisins (chopped), 2 cups Daisy flour, $\frac{1}{2}$ teaspoon salt, 1 cup milk, 2 teaspoons Sweetheart baking powder, 2 tablespoons shortening. Sift flour, salt and baking powder into bowl. Add shortening. Rub together lightly and add enough milk to hold mixture together. Add raisins. Mix well. Place on a floured board. Roll or pat into 1-inch thickness. Cut with floured biscuit cutter. Brush tops with milk. Bake 20 minutes.

MOTHER'S BRAN MUFFINS.

One egg, 4 tablespoons of sugar (either brown or white), 2 cups milk, 2 teaspoons Sweetheart baking powder, $\frac{1}{3}$ teaspoon salt, 1 cup Daisy flour, 2 cups bran, 1 tablespoon butter. Place butter in muffin tins and let melt while muffin tins are heating in oven. Beat the egg well. Add sugar, salt, flour, baking powder, bran and milk. Mix well and the last thing add the melted butter. Pour in greased muffin tins and bake.

CINNAMON ROLLS.

Handful sugar, level teaspoon salt, 2 cups Daisy flour, $\frac{1}{4}$ teaspoon soda, 1 heaping teaspoon Sweetheart baking powder, 1 large tablespoon lard, scant cup sour milk. Mix dry ingredients as for biscuits. Moisten with sour milk. Roll out about $\frac{1}{4}$ inch thick. Spread with melted butter. Sprinkle well with sugar and cinnamon. Roll and cut in slices $\frac{3}{4}$ inch thick. Lay down on flat side and sprinkle with some more melted butter, sugar and cinnamon. Bake in a hot oven for 20 to 30 minutes. Makes about 15 rolls. Put on top of bottom of roasting pan to bake.

CHEESE BISCUITS.

Two cups Daisy Flour, salt, $\frac{3}{4}$ cup milk, 4 teaspoons Sweetheart baking powder, 1 tablespoon fat, $\frac{1}{2}$ cup grated cheese. Sift dry ingredients. Rub in fat. Add milk and grated cheese. Shape and place on buttered tin and bake in hot oven.

WHOLE WHEAT BREAD

Two cups Daisy flour (sifted), 1 cup whole wheat flour, $\frac{3}{4}$ cup sugar, 6 teaspoons Sweetheart baking powder, little salt, $\frac{1}{2}$ cup chopped raisins, 1 cup milk, 1 egg (well beaten). Mix in order given. Turn into well greased loaf pan. Bake from $\frac{3}{4}$ to 1 hour.

BUNS OR LUNCH ROLLS.

Soak 1 yeast cake in $\frac{1}{2}$ cup luke warm water 10 minutes, add 1 cup granulated sugar, $1\frac{1}{2}$ cups shortening, 1 teaspoon salt, 3 cups luke warm water. Add enough flour to make a stiff batter at noon. At night mix stiff, but not too stiff. Give a turn in the morning. When it rises again roll out, cut like biscuits and put in a pan and let rise and bake. Add currants or raisins, put them in batter at night. For lunch rolls don't let rise as much as for buns and drop in hot grease and ice on top.

Mrs. W. Dowding.

TEA BISCUIT.

Two cups Daisy flour, 4 teaspoons Sweetheart baking powder, $\frac{1}{2}$ teaspoon salt, 2 tablespoons fat, 3 cups milk, 2 tablespoons sugar, $\frac{1}{4}$ cup currants. Mix and sift dry ingredients three times. Cut in the fat with a knife or finger tips. Add milk gradually; add currants, working to a soft dough. Turn out on a floured board and roll to $\frac{1}{2}$ inch thickness. Cut with a biscuit cutter. Place on a slightly greased pan and bake in hot oven 10 to 12 minutes.—*Thelma Addison.*

MRS. PETERS' NUT LOAF.

One cup sugar, 2 tablespoons melted butter, 2 eggs, 3 level teaspoons Sweetheart baking powder, 1 cup nut meats, 1 cup raisins or dates, 1 cup milk. When mixed put in loaf tin to raise 15 minutes. Bake in slow oven till done.

MISSOURI GRAHAM MUFFINS.

One cup Daisy white flour, 1 cup graham flour, 1 tablespoon sugar, 3 level teaspoons Sweetheart baking powder, 1 teaspoon salt, 1 cup milk, 1 egg (well beaten), 1 tablespoon melted butter. Sift together flour, sugar, baking powder and salt. Add gradually the milk, egg and butter. Bake in a hot oven in gem pans 25 minutes.—*Mrs. John Wilson.*

CINNAMON BUNS.

Two cups flour, 2 large tablespoons butter, $\frac{1}{2}$ cup sugar, 1 egg, 1 teaspoon salt, $\frac{3}{4}$ cup sweet milk, 2 teaspoons Sweetheart baking powder. Roll out about $\frac{1}{2}$ inch thick, spread well with butter, cinnamon and sugar, roll up and cut about $\frac{1}{2}$ inch thick. Bake in a good hot oven. Use Daisy flour.—*Mrs. R. Marsh.*

SCOTCH SHORTBREAD.

$\frac{1}{2}$ cup fruit sugar, $\frac{1}{2}$ lb. butter, $\frac{1}{2}$ cup rice flour, 2 cups Imperial Patent flour. Cream butter and sugar together, add flours (sifted). Press into cake tin and prick with fork. Bake in a moderate oven.

Mrs. S. Allen.

DATE LOAF.

One cup dates (cut fine), 1 cup boiling water, pour over dates and stir in 1 teaspoon soda; let stand till cool; 1 egg, $\frac{3}{4}$ cup white sugar, 1 teaspoon vanilla, pinch of salt, $1\frac{1}{2}$ cups Daisy flour, 1 tablespoon melted butter. Bake one hour.—*Mrs. F. McFarland.*

DATE LOAF.

One cup brown sugar, 1 teaspoon salt, 1 egg, beaten together, 2 cups sour milk, 2 cups graham flour, 1 cup Daisy white flour, 1 teaspoon soda, 1 cup dates, $\frac{1}{2}$ cup walnuts. Bake in slow oven.—*Mrs. W. W. Carrothers.*

EXCESS BREAD.

One tablespoon melted butter, $\frac{3}{4}$ cup brown sugar, 1 cup sour milk, 1 cup Daisy flour, $\frac{1}{2}$ cup cornmeal, 1 cup graham flour, $\frac{1}{2}$ cup raisins. Put 1 teaspoon soda in sour milk. Bake $\frac{1}{2}$ hour.—*Mrs. Thos. Dickson.*

BRAN MUFFINS.

$\frac{1}{2}$ cup brown or white sugar, butter size of an egg, 1 egg, 1 cup sour milk with 1 teaspoon soda, 1 cup bran, 1 cup Daisy flour, with 1 teaspoon Sweetheart baking powder, 1 cup dates, 1 cup raisins.—*Edith Clark*.

SOFT GINGERBREAD.

$\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup shortening, 1 cup molasses, 1 cup boiling water with 2 teaspoons baking soda in same, $2\frac{1}{2}$ cups Imperial Patent flour, Sweetheart spices to taste, 2 eggs beaten light and put in last. Can put in raisins if desired.—*Mrs. Ada Clifford*.

CINNAMON BREAD.

$1\frac{1}{2}$ quarts bread dough, $\frac{3}{8}$ cup melted butter, 1 egg, $\frac{3}{4}$ cup sugar, 2 teaspoons cinnamon, $\frac{1}{4}$ cup pecans or walnuts. Add $\frac{1}{4}$ cup of the melted butter and $\frac{1}{2}$ cup of the sugar, with the egg well beaten, to the bread dough. Mix in well. Let rise. Roll out about $\frac{1}{2}$ inch thick. Let rise again and spread with the remainder of the melted butter and the rest of the sugar mixed with the cinnamon. Sprinkle with the nuts, chopped.

HOT WATER GINGERBREAD.

$\frac{1}{4}$ cup butter and lard, $\frac{1}{2}$ cup brown sugar, 2 eggs, $\frac{1}{2}$ cup molasses, $\frac{3}{4}$ teaspoon soda, $\frac{1}{8}$ teaspoon salt, $1\frac{1}{2}$ cups Daisy flour, $1\frac{1}{2}$ teaspoons Sweetheart ginger, $\frac{1}{2}$ cup boiling water. Cream fat in bowl, add sugar, beaten egg and molasses. Mix and sift flour, soda, ginger, salt. Add to wet mixture, add boiling water. Beat light and pour into greased cake tin and bake in slow oven for 25 to 30 minutes.—*Alma Bell*.

JOHNNY CAKE.

Two cups Daisy flour, 2 cups cornmeal, 1 teaspoon baking soda sifted in the flour, 2 cups sour milk, 3 tablespoons sugar, pinch of salt, 3 tablespoons melted shortening. Beat thoroughly and bake in greased tin, from 20 to 30 minutes in moderate oven.—*Hazel Woonton*.

ORANGE NUT BREAD.

Two cups Daisy flour, 2 cups graham flour, 4 teaspoons Sweetheart baking powder, 2 teaspoons salt, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup candied orange peel, 2 cups milk, 1 egg, $\frac{1}{2}$ cup pecan meats. Mix dry ingredients thoroughly and sprinkle 2 tablespoons of the flour over nuts and orange peel. Beat egg till thick and add to milk; then pour over dry ingredients, stirring and beating the mixture smooth. Lastly add the floured nuts and peel. Pour into 2 oiled bread tins and bake 45 minutes in moderate oven.

RHODE ISLAND JOHNNY CAKE.

One cup cornmeal, 1 teaspoon sugar, 1 teaspoon butter, $\frac{1}{2}$ teaspoon salt, about 1 cup boiling water, 2 tablespoons milk. Scald the meal with the boiling water, beating till of the consistency to drop from a spoon yet remaining stiff. Add the other ingredients and drop from a spoon onto a hot griddle. Cook slowly till brown. Turn.

PIES and PUDDINGS

"Give Me Solid Pudding in preference to empty praise."

LEMON OR SNOW PUDDING.

$\frac{1}{2}$ envelope Knox Sparkling gelatine, $\frac{1}{4}$ cup cold water, 1 cup boiling water, $\frac{3}{4}$ cup sugar, $\frac{1}{4}$ cup lemon juice, whites of two eggs. Soak gelatine in cold water five minutes, dissolve in boiling water, add sugar, lemon juice and grated rind of one lemon, strain and set aside; occasionally stir mixture and when quite thick, beat with wire spoon or whisk until frothy; add whites of eggs beaten stiff, and continue beating until stiff enough to hold its shape. Pile by spoonfuls on glass dish. Chill and serve with boiled custard. A very attractive dish may be prepared by coloring half the mixture red.

CHARLES' PUDDING.

One cup of sugar, 1 tablespoon melted butter, 1 cup sweet milk, 1 egg, $1\frac{1}{2}$ teaspoons Sweetheart baking powder. Mix melted butter, 1 cup sweet milk, with 1 pint Daisy flour; bake $\frac{1}{2}$ hour and eat hot with sweet sauce.

STRAWBERRY PUDDING.

One small box of berries (crushed and sweetened), $2\frac{1}{2}$ tablespoons Knox's gelatine, 1 bottle of whipped cream, 1 cup sugar $\frac{1}{2}$ pint hot water (or 1 cup). Dissolve gelatine in hot water. Mix Berries and sugar with dissolved gelatine and water. When this begins to stiffen, stir in the whipped cream. Mix thoroughly. Pour into a mould. Chill. Serve with whipped cream. It's enough for 8 to 10 helpings.

COBOURG PUDDING.

$1\frac{1}{2}$ cups Daisy flour, $\frac{1}{2}$ cup brown sugar, 2 oz. chopped suet, $\frac{1}{2}$ teaspoon soda, as many raisins and chopped lemon peel as desired, 1 cup milk or milk and water and pinch salt. Mix all dry ingredients together and add milk. Steam $2\frac{1}{2}$ hours. Serve with hard sauce.

Mrs. John Gillett.

CARAMEL PUDDING.

One quart milk, 1 cup brown sugar, 2 tablespoons cornstarch, pinch of salt, 1 egg, 1 small piece butter, Sweetheart vanilla to taste. Put butter and brown sugar in pan to brown. In another pan put milk to heat. When milk is hot add cornstarch dissolved in a little cold milk. Add sugar and egg beaten. Cook until thick. Set aside to cool. Serve with plain or whipped cream. Chopped walnuts add flavor to the pudding. Candied cherries or a little red jelly on top of whipped cream makes a very dainty dish.—*Mrs. Nichols.*

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PLUM PUDDING.

Two tablespoons brown sugar, 1 small cup suet, 1 egg, 2 tablespoons molasses, 1 small cup water, 1 cup raisins, 1 cup currants, a little orange peel, 2 teaspoons Sweetheart baking powder in Daisy flour. Steam 3 hours.—*Mrs. G. Burns.*

DATE DESSERT

One cup grapenuts (cereal), $\frac{1}{2}$ cup chopped walnuts, 1 cup chopped dates, $\frac{1}{2}$ cup granulated sugar, 1 package Sweetheart vanilla jelly dissolved in 2 cups boiling water. Pour over fruit, etc., and let get cold. Serve with whipped cream or coffee cream.—*Mrs. Munce.*

BANANA PUDDING.

$\frac{1}{2}$ small loaf of bread, $1\frac{1}{2}$ tablespoons of butter, 4 bananas, 2 eggs, $2\frac{1}{2}$ cups milk, $\frac{1}{4}$ cup sugar, juice of 1 lemon. Butter a baking dish. Alternate layers of buttered bread and sliced bananas. Sprinkle bananas with lemon juice. Beat eggs well. Add sugar and milk. Pour over bananas and bread. Bake slowly 1 hour. Tart jelly may be substituted for lemon juice. Serve cold.

JELLIED APPLES.

(MAKES EIGHT SERVINGS.)

1 envelope Knox Sparkling gelatine, $\frac{1}{2}$ cup cold water, 6 apples, $1\frac{1}{2}$ cups sugar, juice of one lemon, $\frac{1}{2}$ cup each raisins and nuts (whole). Soak the gelatine in the cold water. Peel and core apples, rubbing them with the cut side of a lemon. Place in saucepan with the sugar and two cups water, cover tightly and cook until tender, being careful to retain the shape of the apples. Drain from the syrup and arrange in a wet mold. Add hot water to the syrup to make three cups and in this dissolve the softened gelatine. Add lemon juice and when jelly begins to thicken, the raisins and nuts, stirring them through the jelly, and pour over the apples. Serve with a marshmallow sauce or with whipped cream garnished with toasted marshmallows and bits of red jelly. Apples may also be molded in tall sherbet glasses for individual service.

ROLLED APPLE DUMPLING.

$1\frac{1}{2}$ cups Daisy flour, $\frac{1}{2}$ cup cold water, 2 teaspoons Sweetheart baking powder, 1 cup brown sugar, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoon Sweetheart cinnamon, 2 cups chopped apple, $\frac{1}{2}$ teaspoon nutmeg, 2 tablespoons butter, 2 tablespoons lard. Mix and sift flour, baking powder and salt. Work into this the lard and butter. Add water, then turn out on a floured board, handling as little as possible. Roll out about $\frac{1}{2}$ inch thick. Sprinkle apples, brown sugar and spices on top. Roll up like a jelly roll. Cut off pieces about 2 inches wide and stand on end in a pudding pan. Pour part of the following sauce over them: $\frac{3}{4}$ cup granulated sugar, 1 cup water, 2 tablespoons Daisy flour, 1 teaspoon Sweetheart vanilla, $\frac{1}{4}$ teaspoon salt, 2 tablespoons butter. Mix sugar and flour, add water; cook till blended; add butter and salt. When butter is melted, remove from fire and add vanilla. Bake in hot oven about 20 minutes. This recipe makes 9 dumplings. Reserve the rest of the sauce to pour around the dumplings when they are taken from the oven. (Good).—*Mrs. A. E. Tutt.*

CHOCOLATE SPONGE PUDDING.

(MAKES SIX SERVINGS)

$\frac{1}{2}$ envelope Knox Sparkling gelatine, $\frac{1}{4}$ cup cold water, $\frac{1}{4}$ cup boiling water, 1 teaspoonful Sweetheart vanilla, $\frac{1}{3}$ cup sugar, 3 eggs, few grains salt, 2 squares chocolate or 6 tablespoonfuls cocoa. Soak gelatine in cold water until soft, then dissolve in boiling water. Add cocoa or melted chocolate. Beat egg-whites until stiff and add well-beaten egg yolks gradually to the whites. Add sugar, then the dissolved gelatine, which has been beaten well. Beat and add flavoring. Pour into wet mold, chill and serve plain or with milk, whipped cream or whipped evaporated milk.

CHOCOLATE PLUM PUDDING.

One envelope Knox Sparkling gelatine, 1 cup cold water, 1 pint milk, 1 cup sugar, $1\frac{1}{2}$ squares chocolate, $\frac{1}{2}$ teaspoonful vanilla, 1 cup seeded raisins, $\frac{3}{4}$ cup dates, $\frac{1}{2}$ cup nuts, $\frac{1}{2}$ cup currants, 3 egg whites, salt. Soften gelatine in cold water ten minutes. Melt chocolate with part of the sugar; add a little milk, making a smooth paste. Put milk in double boiler. When hot, add melted chocolate, sugar, salt and soaked gelatine. Remove from fire; when mixture begins to thicken, add vanilla, fruit and nut meats, chopped, and lastly fold in beaten egg whites. Turn into wet mold decorated with whole nut meats and raisins. Chill. Remove to serving dish and garnish with holly. Serve with whipped cream, sweetened and flavored with vanilla, or with a currant jelly sauce.

CARROT PUDDING.

$\frac{3}{4}$ cup Daisy flour, $\frac{1}{2}$ teaspoon soda, pinch of salt, $\frac{1}{2}$ cup chopped suet, $\frac{1}{2}$ cup brown sugar, $\frac{1}{2}$ cup seeded and chopped raisins, 2 tablespoons candied peel, $\frac{1}{2}$ cup grated raw potato, $\frac{1}{2}$ cup grated raw carrot, $\frac{1}{2}$ cup grated raw apple, $\frac{3}{4}$ teaspoon mixed Sweetheart spice. Mix and sift dry ingredients, add suet and fruit; mix well; add vegetables; mix well. Steam in buttered, tightly covered mold 3 hours. Almonds may be added— $\frac{1}{4}$ cup blanched and chopped.—*Mrs. Robert Dickey.*

COCOANUT TARTS

One egg, $\frac{1}{2}$ cup brown sugar, $\frac{3}{4}$ cup granulated sugar, 1 teaspoon butter, pinch of salt, small $\frac{1}{2}$ cup cream, 1 cup shredded cocoanut. Mix egg, sugar, salt and butter, then add cream and cocoanut and bake slowly in tart tins.—*Mrs. Purdy.*

BANBURY TARTS

One cup raisins, 1 cup sugar, 1 lemon, 1 egg, 1 cracker, plain pastry. Roll pastry $\frac{1}{4}$ inch thick and cut in four-inch squares. Chop the raisins and combine them with the sugar and the juice and grated rind of the lemon, the slightly beaten egg and the finely crumbed cracker. Place $2\frac{1}{2}$ teaspoons of the mixture in the centre of each square of pastry and fold into triangles, brushing the edges with cold water and pressing together. Bake in a hot oven.

CHEESE TARTS.

One cup currants, 2 eggs, 1 cup sugar 1 teaspoon Sweetheart cinnamon, $\frac{1}{2}$ cup butter, 1 tablespoon Daisy flour.—*Mrs. A. E. Tutt.*

COCOANUT TARTS.

Line patty tins with pastry; put teaspoon jam in bottom. White of 1 egg, 1 cup white sugar, 1 cup cocoanut. Beat together and fill tins. Put strips of pastry on top and bake in moderate oven.—*Mrs. Gibbons.*

BUTTER TARTS.

One egg, 1 cup brown sugar, 1 cup of either currants, dates or raisins, butter size of a walnut, Sweetheart vanilla. Beat the ingredients till it bubbles.—*Mrs. A. Saunders.*

LEMON SPONGE PIE.

Two eggs beaten separately. To the two yolks add 1 cup granulated sugar, grated rind and juice of one lemon, 3 heaping teaspoons Imperial Patent flour, pinch of salt, butter size of a walnut. Beat all together. Stir in 1 cup sweet milk. Beat in whites of two eggs. Bake like a custard pie in a slow oven.—*Mrs. H. McHarg.*

CUSTARD PIE.

Take 1 pint of cold milk, in a small portion of which dissolve one teaspoonful of cornstarch, and when smooth, add sugar and salt, nutmeg and one egg well beaten. Beat all together, pour into a pan lined with pie crust and bake. When pie is baked, the custard will not adhere to a silver knife when tested in the centre of pie. If cooked too long, it will be watery.

BUTTERSCOTCH PIE.

Make pie crust. Line pie tin with pie crust and bake.

BUTTERSCOTCH FILLING.—1 cup of brown sugar, 1 cup water, 2 eggs (separated), 2 heaping tablespoons butter, 3 tablespoons Imperial Patent flour, 1 teaspoon Sweetheart vanilla. Melt butter; mix the dry ingredients, add beaten yolks, stir well. Gradually add water and cook until it thickens. Fill pie shell. Make meringue using the two egg whites, two tablespoons powdered sugar, little Sweetheart baking powder. Brown in slow oven.

APPLE PIE

Five sour apples, $\frac{1}{8}$ teaspoon salt, $\frac{1}{2}$ cup sugar, 1 teaspoon butter, $\frac{1}{4}$ teaspoon cinnamon, 1 teaspoon lemon juice, $\frac{1}{8}$ teaspoon nutmeg, few gratings lemon rind. Line pie plate with paste. Pare, core and cut apples and fill the pie. Mix the dry ingredients and lemon juice, and sprinkle over appls. Dot over with butter. Wet edges of under crust, cover with upper crust, pressing the edges close together. Bake in a hot oven 40 to 45 minutes or until fruit is cooked.

RAISIN PIE

One cup seeded raisins, 1 cup water, 2 tablespoons cornstarch, 4 tablespoons of sugar, $\frac{1}{2}$ teaspoon salt. Wash the raisins, add cold water, bring slowly to a boil, add the sugar, salt and cornstarch which has been mixed with a little cold water. Boil for 3 minutes. Pour into a pie tin lined with crust. While hot cover, brush top with cold milk and bake.

LEMON CAKE PIE.

One cup white sugar, 2 tablespoons melted butter, 2 tablespoons Daisy flour, 2 egg yolks, juice of 2 lemons, mix; add 1 cup milk; beat the whites of 2 eggs, fold in, pour in pie crust and bake till golden brown.

Edith Clark.

LEMON PIE FILLING

Mix 1 heaping tablespoon cornstarch with 1 cup of sugar, 1 cup of boiling water. Boil 5 minutes. Then add rind and juice of 1 lemon, 1 teaspoon of butter, yolks of two eggs. Save whites for the top.—*M. Brown.*

BUTTERSCOTCH PIE.

(TWO PIES)

1¼ cups dark brown sugar, 2 heaping tablespoons butter, 2 heaping tablespoons Imperial Patent flour. Put together in the frying pan and scorch slightly. Then add 1 cup boiling water and boil till smooth. Beat the yolks of 3 eggs and 1½ cups sweet milk, add to mixture and boil a few minutes. Put in baked crusts and use whites for top.

BUTTERSCOTCH PIE.

One cup brown sugar, butter size of egg; put in a pan and brown. One teaspoon vanilla, 4 tablespoons boiled milk, 2 egg yolks (use whites for top, 1 tablespoon Daisy flour, 1 cup milk.—*Mrs. Fenwick.*

LEMON PIE.

One tablespoon of cornstarch, mix with one cup granulated sugar, 1 cup boiling water, boil 5 minutes. Add grated rind and juice of 1 lemon, 1 teaspoon butter and yolks of 2 eggs well beaten. Cook until it jellies.—

M. Brown.

RHUBARB PIE.

Two cups of cut rhubarb, 1 egg beaten, 2 tablespoons Scott & Templeman flour, 1 cup sugar, 2 tablespoons melted butter, 1 teaspoon lemon juice, pinch of salt. Bake between two crusts.

For two pies, scant three cups rhubarb put in water for ten minutes, drain well. Yolks of 2 eggs, 1 tablespoon butter, 1 tablespoon flour, 1½ cups sugar, beat together, then add the rhubarb. Bake in oven. Frosting, Whites of 3 eggs, 6 tablespoons sugar.—*Mrs. Fenwick.*

LEMON SPONGE PIE.

Two eggs, 1 cup sugar, 1 tablespoon Daisy Flour, 1 tablespoon butter, juice and rind of two lemons, 1 cup milk. Beat egg whites separately and put in last.—*Mrs. W. Greatorix.*

LEMON PIE FILLING.

Three level tablespoons cornstarch, 1½ cups sugar, 1 cup boiling water, juice and rind of one lemon, 1 teaspoon butter, 2 eggs, salt. Mix the sugar and cornstarch together, add the boiling water and cook about 10 minutes stirring constantly until the starch is thoroughly cooked. Beat the yolks of eggs until light and add the cornstarch mixture to the eggs, put in the butter and cook again till the egg cooks. Remove again from the heat and add the lemon. Cover with meringue of the whites of eggs beaten very stiff.—*Mrs. G. E. Parkinson.*

LIGHT DESSERTS

*'Tis the dessert that graces all the feast,
For an ill end disparages the rest.*

LEMON SPONGE OR SNOW PUDDING

One envelope Knox acidulated gelatine, $\frac{3}{4}$ pint cold water, $\frac{3}{4}$ pint boiling water, 1 teaspoonful Sweetheart lemon extract, $1\frac{1}{2}$ cups sugar, the whites of 2 eggs. Soak gelatine and half the lemon flavoring, found in separate envelope, in cold water 5 minutes. Add boiling water and sugar; stir until dissolved. Strain and let stand in a cool place until nearly set. Then add whites of eggs, well beaten, and lemon extract; beat mixture until it is light and spongy. Put lightly into glass dish or shape in mold. Serve with a thin custard made of the yolks of the eggs, or cream and sugar.

FRUIT JUMBLES.

$\frac{3}{4}$ cup granulated sugar, $\frac{1}{4}$ cup butter; 1 egg, $\frac{3}{4}$ cup chopped nuts, $\frac{1}{2}$ teaspoon vanilla, $\frac{1}{2}$ teaspoon soda in water, 1 cup chopped dates, $1\frac{1}{2}$ cups Daisy flour. Put in tin with teaspoon and spread a little with a fork.—

Mabel Tedball.

PINEAPPLE BAVARIAN CREAM.

$\frac{1}{2}$ cup cold water, 1 cup pineapple (cooked), $1\frac{2}{3}$ tablespoons Knox gelatine, $\frac{1}{2}$ cup sugar, 1 tablespoon lemon juice, $\frac{1}{2}$ pint whipping cream. Soak gelatine in cold water ($\frac{1}{2}$ cup). Beat pineapple, add sugar, lemon juice, soaked gelatine and hot water; mix well; chill till partly set; beat until foamy, add whipping cream, mold and chill.

CANTALOUPE RINGS.

These can be served either at the beginning or end of a meal. Slice cantaloupe. Use one ring of fruit to a person. Fill the centre of each ring with a refreshing ice such as mint, lime or lemon ice.

GRAPEFRUIT COCKTAIL

Line sherbet glasses with lettuce leaves. Skin and cut up grapefruit. Fill glasses with cut-up grapefruit. Sprinkle grapefruit with sugar. Add 1 teaspoon maraschino cherry juice to each cocktail. Top each glass with a cherry.

BAKED APPLE SAUCE.

Grease casserole. Peel apples. Cut apples in fourths. Arrange in casserole with layers of butter, sugar and nutmeg in between. Bake about one hour. They will be puffed up and firm. Serve with whipped or plain cream.

BUTTERSCOTCH APPLES.

Core desired number of apples. Fill each cavity with brown sugar. Place a piece of butter on top of each apple. Place apple in baking pan. Surround apples with water to $\frac{1}{2}$ inch depth. Add more sugar in water to make a syrup. Bake in moderate oven. Serve either plain or with whipped cream.

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FRUIT SHERBET.

$\frac{1}{2}$ envelope Knox sparkling gelatine (scant measure), $1\frac{1}{2}$ cups sugar, 1 orange, 3 cups rich milk, 1 lemon. Grate the outside of both orange and lemon. Squeeze out the juice and add to this the sugar. Soak the gelatine in part of a cup of milk for five minutes and dissolve by standing in pan of hot water. Stir into the rest of the milk. When it begins to freeze add the fruit juice and sugar, and fruit of any kind if desired. This makes a large allowance for five persons.

GRAPE TAPIOCA PUDDING.

2 cups of grape juice, 4 tablespoons of tapioca, 1 tablespoon of lemon juice, $\frac{3}{4}$ cup of sugar, little salt, 1 egg white. Dissolve tapioca in 1 cup of cold water. Scald grape juice. Pour hot juice over tapioca and cook in a double boiler until transparent. Add lemon juice, sugar and salt. Beat egg white stiff and add slowly to tapioca mixture. Pour into individual molds or one large mold. Serve cold with whipped cream or with custard sauce made of the yolk of egg.

APPLE PUFF

Peel and grate enough apples to make two cupfuls. Beat the whites of five eggs very stiff with four tablespoons of powdered sugar. Stir the grated apples in quickly and two tablespoons of lemon juice. Turn into a pudding dish and bake for half an hour. Serve with hot custard sauce. Eat immediately.

HOW TO COOK RICE.

Either put a piece of butter in with the rice while it is cooking or grease pan with butter before cooking rice. This will prevent rice from sticking to pan. To keep the grains separate and white add 1 teaspoon of lemon juice to each quart of water.

STRAWBERRY FLUFF.

1 cup strawberries, mashed, $\frac{2}{3}$ cup of granulated sugar, 1 egg white. Mix ingredients and beat until stiff. This recipe will serve six people.

GELATINE WITH ORANGE JUICE.

(MAKES EIGHT SERVINGS)

1 envelope Knox sparkling gelatine, $\frac{1}{2}$ cup cold water, 2 cups boiling water, 1 cup sugar, 1 cup orange juice, 2 tablespoons lemon juice. Soak gelatine in cold water 10 minutes and dissolve in boiling water. Add sugar and stir until dissolved; then add lemon juice and orange juice. Strain into mold, first dipped in cold water, and chill.

LEMON JELLY.

(MAKES EIGHT SERVINGS)

1 envelope Knox sparkling gelatine, 1 cup cold water, 2 cups boiling water, $\frac{3}{4}$ cup sugar, $\frac{1}{2}$ cup lemon juice. Soak gelatine in cold water ten minutes, and dissolve in boiling water. Add sugar and stir until dissolved; then add lemon juice. Strain into mold, first dipped in cold water, and chill. Berries, fruits or nuts may be added.

GELATINE WITH RASPBERRY SAUCE.

(MAKES EIGHT SERVINGS)

One envelope Knox sparkling gelatine, 2 cups cold water, $\frac{3}{4}$ cup sugar, $1\frac{1}{2}$ cups raspberry juice (scalded), 2 tablespoonfuls lemon juice. Soak gelatine in one cup cold water ten minutes. Heat raspberry juice, mixed with remaining water, to boiling point and pour over soaked gelatine; then add sugar and lemon juice. Turn into a mold dipped in cold water, and when beginning to set mold in fresh raspberries.

ORANGE GELATINE TRIFLE.

(MAKES EIGHT SERVINGS)

One envelope Knox sparkling gelatine, $\frac{1}{2}$ cup cold water, $1\frac{1}{2}$ cups boiling water, cup sugar, 1 cup orange juice, grated rind of one orange, $\frac{1}{2}$ pint heavy cream, 1 tablespoonful lemon juice. Soak gelatine ten minutes in cold water, dissolve in boiling water, add sugar, orange juice, grated rind and lemon juice and strain. Pour one-half the mixture into a shallow pan, dipped in cold water, and chill. Set bowl containing remaining mixture in pan of ice water and stir constantly until mixture begins to thicken; then fold in heavy cream, beaten until stiff. Turn into border mold first dipped in cold water, and chill. Fill center with first part removed from pan and cut in cubes.

GRAPE FRUIT JELLY.

(MAKES EIGHT SERVINGS)

One envelope Knox sparkling gelatine, $\frac{1}{2}$ cup cold water, 1 cup boiling water, 1 cup sugar, 2 tablespoonfuls lemon juice, $2\frac{1}{2}$ cups grape fruit juice and pulp. Soak gelatine in cold water ten minutes, dissolve in boiling water and add sugar. Strain, and when mixture begins to thicken add remaining ingredients. Do not pour into molds that have been dipped in cold water until jelly is ready to set in order to avoid settling pulp. Cut in cubes and arrange in baskets made from grape fruit skins.

PRUNE ORIENTAL CREAM.

$\frac{1}{2}$ envelope Knox sparkling gelatine, $\frac{1}{4}$ cup cold water, $\frac{1}{4}$ cup scalded milk, $\frac{1}{2}$ cup sugar, whites of two eggs, $\frac{1}{2}$ pint heavy cream, $\frac{1}{3}$ cup milk, $\frac{1}{3}$ cup cooked prunes (cut in pieces), $\frac{1}{3}$ cup chopped figs. Soak gelatine in cold water five minutes, dissolve in scalded milk, and add sugar. Strain into a bowl, set in pan containing ice water, and stir constantly until mixture begins to thicken; then add whites of eggs, beaten until stiff, heavy cream, diluted with milk and beaten until stiff, prunes and figs. Turn into a wet mold, the bottom and sides of which are garnished with halves of cooked prunes, and chill. Remove from mold to serving dish and garnish with whipped cream (sweetened and flavored with vanilla) forced through a pastry bag and tube, and chopped pistachio nuts.

PRUNE WHIP.

1 cup prune pulp, $\frac{1}{2}$ cup granulated sugar, 1 teaspoon lemon juice, 1 egg white (unbeaten). Put all in bowl and beat until it will stand alone. Serve with custard sauce.—*L. Day*

JELLIED PRUNES.

(MAKES EIGHT SERVINGS)

One envelope Knox sparkling gelatine, $\frac{1}{3}$ pound prunes, $2\frac{1}{2}$ cups cold water, 1 cup sugar, $\frac{1}{4}$ cup lemon juice. Pick over, wash and soak prunes for several hours in two cups cold water, and cook slowly in same water until soft; remove prunes, stone, and cut in quarters. To prune water add enough boiling water to make two cups. Soak gelatine in half cup cold water, dissolve in hot liquid, add sugar and lemon juice, then strain, add prunes, mold and chill. Stir twice while cooling to prevent the prunes from settling. Serve with sugar and cream.

SPANISH ORANGE CREAM.

(MKES EIGHT SERVINGS.)

$\frac{1}{2}$ envelope Knox parkling gelatine, 2 cups milk, $\frac{1}{2}$ cup sugar, 3 eggs, 1 cup orange juice, $\frac{1}{4}$ teaspoonful salt, $\frac{1}{2}$ teaspoonful lemon extract. Soak the gelatine in milk ten minutes. Place over hot water, and when gelatine is dissolved, add sugar. Pour slowly on the yolks of the eggs slightly beaten, return to double boiler and cook until thickened somewhat, stirring constantly. Remove from range, and add orange juice, salt and lemon extract, then add whites of eggs beaten until stiff. Turn into one large or individual molds, first dipped in cold water, and place in ice box. (This will separate and form a jelly on the bottom and custard on top).

CRANBERRY SALAD.

$\frac{1}{2}$ envelope Knox sparkling gelatine, $1\frac{1}{2}$ cups water, 1 cup sugar, 1 pint cranberries, $\frac{3}{4}$ cup celery (diced), $\frac{1}{3}$ cup nut meats (chopped), $\frac{1}{2}$ teaspoonful salt. Cook the cranberries in one cup water 20 minutes. Stir in the sugar and cook for 5 minutes, and stir until dissolved. When mixture begins to thicken, add celery, nuts and salt and turn into pan, which has been rinsed in cold water, and chill. When firm cut in squares, place a whole nut meat on top of each square and serve on lettuce leaves with a garnish of salad dressing.

SALAD-DESSERT.

$\frac{1}{2}$ envelope Knox sparkling gelatine, 2 tablespoonfuls cold water, 1 tablespoonful butter, yolks of two eggs, 3 tablespoonfuls sugar, 1 teaspoon salt, $\frac{1}{3}$ teaspoonful paprika, few grains cayenne, $\frac{2}{3}$ cup milk, $\frac{1}{3}$ cup vinegar, 2 tablespoonfuls canned pineapple juice, 1 cup prepared fruit, 1 cup heavy cream, lettuce. Soak gelatine in cold water 5 minutes. Melt butter, add yolks of eggs, well beaten, sugar, salt, paprika and cayenne. Remove from fire and add gradually milk, vinegar, and pineapple juice. Cook in double boiler, stirring constantly until mixture thickens, and add soaked gelatine. Remove from range and beat two minutes. Cool, stirring occasionally, and when beginning to set add prepared fruit, using Maraschino cherries, cut in small pieces and strained, orange pulp, canned sliced pineapple, cut in small pieces, and cream, beaten until stiff, being careful that the fruit does not settle to the bottom. Pack in mold that has been dipped in cold water and let stand a few hours until firm. When set remove to bed of crisp lettuce leaves and cut in slices, crosswise, for serving. Serve with or without mayonnaise dressing.

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LEMON CURD.

1 lb. sugar, 2 lemons, 4 eggs, $\frac{1}{4}$ lb. butter. Put sugar into double pan and juice of 2 lemons and rind of one (grated). Dissolve sugar, then beat eggs and add also butter. Keep in pan till a cream but do not boil.—

Mrs. Graham.

SPICED NUTS.

Use equal quantities of peanuts and almonds. Blanch and fry in hot, deep fat until brown. Sprinkle over them a mixture of salt and spices, used in the proportion of one part salt to two parts of mixed spices.

SPANISH CREAM.

$\frac{1}{2}$ envelope Knox sparkling gelatine, 3 cups milk, 3 eggs, $\frac{1}{2}$ cup of sugar (scant), $\frac{1}{4}$ teaspoonful salt, 1 teaspoonful vanilla. Soak the gelatine in the milk ten minutes. Place over hot water, and when gelatine is dissolved add sugar. Pour slowly on the yolks of the eggs slightly beaten, return to double boiler and cook until thickened somewhat, stirring constantly. Remove from stove and add salt and flavoring, then add whites of eggs beaten until stiff. Turn into one large or individual molds, first dipped in cold water, and place in ice box. (This will separate and form a jelly on the bottom and custard on top). If desired, serve with whipped cream or sliced oranges or other fruit. A cup of orange juice may be substituted for one cup of the milk, adding it after removing custard from the stove.

ORANGE CHARLOTTE.

$\frac{1}{2}$ envelope Knox sparkling gelatine, $\frac{1}{2}$ cup boiling water, 2 tablespoonfuls lemon juice, 1 cup orange juice and pulp, whites of three eggs, $\frac{1}{4}$ cup cold water, 1 cup sugar, lady fingers. Soak gelatine in cold water five minutes, dissolve in boiling water. Add sugar, and when dissolved add lemon juice. Strain, cool slightly and add orange juice and pulp. When mixture begins to stiffen, beat, using a wire whisk, until light; then add stiffly beaten egg whites and beat thoroughly. Turn into mold lined with lady fingers. One pint whipped cream may be used in place of egg whites.

FRUIT JELLY

A cup of fruit juice left over from canned fruit may be used for a jelly dessert. Heat fruit juices, add a tablespoonful Knox sparkling gelatine first softened in $\frac{1}{2}$ cup cold water, juice of $\frac{1}{2}$ lemon, and sweeten to taste. Serve with a little top cream or sweetened milk. A sliced banana may be added when it begins to thicken, or at serving time, jelly may be surrounded with some seasonable fruit.

RICE PARFAIT.

Soak $\frac{1}{2}$ envelope Knox sparkling gelatine in one cup cold milk and dissolve in two cups hot boiled rice. Add 1 cup sugar, $\frac{1}{4}$ teaspoonful salt, and when cool, fold in one cup cream beaten until stiff. Add one cup chopped nut meats and one teaspoonful vanilla. Turn into a mold and chill. Maple or brown sugar may be used in place of white sugar.

RICE MOLD WITH FRUIT.

Soak $\frac{1}{2}$ envelope Knox sparkling gelatine in $\frac{1}{4}$ cup cold water 10 minutes and dissolve by standing cup in hot water. Add $\frac{1}{2}$ cup of any canned or fresh fruit juices at hand (cherry, cooked pineapple, raspberry or strawberry are all good), $\frac{1}{2}$ cup sugar and a few grains of salt to one cup cooked rice. Strain into this the dissolved gelatine and mix thoroughly. Cool slightly, add 1 cup whipped cream or milk. Turn into mold. Mold may be decorated with slices of pineapple or other fruits. Serve with or without cream.

GRAPE JUICE JELLY

Soak one envelope Knox sparkling gelatine in $\frac{1}{2}$ pint grape juice ten minutes, add two cups boiling water, juice of one lemon and $\frac{3}{4}$ cup sugar, and when beginning to set, add one cup Malaga grapes. Turn into mold first dipped in cold water, and chill. Serve with or without cream.

COFFEE JELLY.

Take a cup of left-over coffee, reheat and dissolve in it one tablespoonful gelatine first soaked in $\frac{1}{2}$ cup cold water, add the juice of a lemon and a small amount of sugar. This may be varied by beating into the thickening jelly the white of one egg, and a most delicious Coffee Sponge is the result.

DATE CHARLOTTE JELLY.

Soak one envelope Knox sparkling gelatine in one cup cold water 10 minutes, and dissolve in 2 cups boiling water. Add $\frac{3}{4}$ cup sugar and $\frac{1}{2}$ cup lemon juice. When mixture begins to thicken, add 1 cup dates, chopped, $\frac{1}{3}$ cup nut meats and $\frac{1}{2}$ cup fruit cut in small pieces. Pour into mold lined with lady fingers and decorate with whipped cream and dates.

ANGEL CHARLOTTE RUSSE.

Soak $\frac{1}{2}$ envelope Knox sparkling gelatine in $\frac{1}{4}$ cup cold water 10 minutes and dissolve in $\frac{1}{4}$ cup boiling water. Add one cup sugar. When mixture is cold, add 1 pint cream beaten until stiff, $\frac{1}{4}$ pound blanched and chopped almonds, $\frac{1}{2}$ dozen rolled stale macaroons, 1 dozen marshmallows cut in small pieces and two tablespoonfuls chopped candied cherries. Flavor with vanilla. Turn into a mold first dipped in cold water, and chill. Remove from mold and serve with cake.

This dessert may be made more elaborate by cutting the top from an angel or other cake and remove some of the inside, leaving a case with three-fourths inch walls, then filling case with mixture, replacing top of cake, covering with frosting and garnishing with candied cherries and blanched almonds.

APPLE DESSERT.

Prepare apples in the usual way for stewing, place in a pie dish with sugar to taste, and the strained juice of a lemon. Cover the top with fine stale breadcrumbs, moisten with a little water and dot the top with small pieces of butter, or butter substitute. Bake until the fruit is soft and the crumbs on top nicely browned. Serve with a hot sauce made with brown sugar and water or a hard sauce.

COOKIES

*The turnpike road to people's hearts, I find,
Lies through their mouths, or I mistake mankind*

CORNFLAKE KISSES

Whites of two eggs, one cup white sugar, two cups cornflakes, one cup cocoanut. Flavor with Sweetheart vanilla.

DATE KISSES.

2 egg whites beaten stiff, 1 cup of walnut meats (chopped), 1 cup confectioner's sugar, 1 cup chopped dates. Mix well. Drop from spoon and bake until light brown. Butter pans lightly as kisses burn easily.

ALMOST CANDY COOKIES.

Three squares bitter chocolate, $\frac{1}{4}$ cup butter, 1 teaspoon vanilla, 2 cups sugar, 4 eggs, 1 cup Imperial Patent flour, 1 cup chopped pecans. Melt chocolate in the upper part of the double boiler and add the butter. Stir until the butter is melted, then add sugar and flavoring, beating until all are thoroughly combined. Beat the eggs thoroughly and combine them, the flour and the chopped and floured pecans with the chocolate mixture. Pour into a shallow oblong pan and bake about 20 minutes. Cool and cut in squares.

GINGER COOKIES.

Take $\frac{1}{2}$ cup molasses and fill the cup with brown sugar. Cream with one teaspoon cinnamon, $\frac{1}{4}$ teaspoon cloves, $\frac{1}{2}$ teaspoonful ginger, a little nutmeg, $\frac{1}{2}$ cup shortening and 1 well beaten egg. Add $\frac{1}{2}$ cup boiling water in which a teaspoonful of soda is dissolved, and mix with this enough Imperial Patent Flour to roll out.

OATMEAL COOKIES.

One cup sugar, 1 tablespoon butter, 2 eggs, $2\frac{1}{2}$ cups oatmeal, 2 teaspoons baking powder, 1 teaspoon vanilla. Cream butter and sugar. Add yolks of eggs. Add oatmeal, to which baking powder has been added, and add vanilla. Beat whites of eggs stiff and add last. Drop on buttered tins with teaspoon, but very few on each tin, as they spread. Bake in slow oven. Makes about 65 cookies.

PEANUT COOKIES.

Two tablespoons fat, $\frac{1}{4}$ cup sugar, 1 egg, well-beaten, $\frac{1}{2}$ cup Imperial Patent flour, 1 teaspoon Sweetheart baking powder, $\frac{1}{4}$ teaspoon salt, $2\frac{1}{2}$ tablespoons milk, $\frac{3}{4}$ cup chopped peanuts, $\frac{1}{2}$ teaspoon lemon juice. Cream the fat, add sugar gradually, add well-beaten egg. Mix and sift baking powder, salt and flour; add to first mixture. Then add milk, peanuts and lemon juice. Drop from tip of a spoon on an unbuttered sheet 1 inch apart. Place $\frac{1}{2}$ peanut on top of each. Bake 12 to 15 minutes in a slow oven. This makes 24 cookies.

CHEESE TURNOVERS.

(DANDY FOR PARTIES)

Slice bread very thin. Cut off crusts. Spread with butter and then cheese. Roll up and fasten together with toothpicks. Just before serving, toast carefully. Serve while hot.

CHEESE STRAWS.

One cup of grated cheese, 1 cup Imperial Patent flour, little salt, $\frac{1}{2}$ cup butter, $\frac{1}{8}$ teaspoon of paprika. Mix cheese, flour and seasoning. Mix with butter as for pie. Roll mixture thin. Cut in long, narrow strips. Bake in a medium oven.

GINGER COOKIE MEN.

Three cups of Imperial Patent flour, 3 teaspoons, Sweetheart baking powder, $\frac{1}{3}$ teaspoonful salt, $\frac{3}{4}$ teaspoon of ginger, $\frac{1}{3}$ cup shortening, $\frac{2}{3}$ cup molasses, $\frac{1}{3}$ cup brown sugar, 1 egg. Sift flour, baking powder salt and ginger together. Mix molasses, egg, melted shortening and sugar together. Add the dry ingredients. This makes a soft dough. Shape in form of men, animals or plain cookies. Bake in moderate oven 10 to 15 minutes. Grease pan. Use cloves, rice or currants for eyes and buttons.

PARTY COOKIES

$\frac{1}{2}$ cup of butter or butter substitute, 1 cup sugar, 2 eggs, 1 tablespoon milk, Sweetheart Vanilla, $2\frac{1}{2}$ cups Imperial Patent Flour, 2 teaspoons Sweetheart baking powder, little grated nutmeg, little salt, chopped nut meats. Cream the butter. Add the sugar and eggs. Beat well. Put salt, nutmeg and baking powder into sifted flour. Add to the first mixture. Chill the batter thoroughly. Roll thin. Cut in desired shapes. Place on greased baking sheet. Either sprinkle with chopped nuts or after they are baked decorate to suit occasion. Bake in a moderate oven about 10 minutes.

GINGER SNAPS

One cup molasses, 1 cup sugar, 1 cup dripping, 1 teaspoon baking soda, 1 teaspoon Sweetheart Ginger, $\frac{1}{2}$ teaspoon cream tartar, pinch of salt. Add Daisy flour to make stiff enough to take a piece in middle of hands and roll size of marbles. When putting in pans to bake be sure to leave room enough to spread.—*Mabel Tedball.*

COCOANUT MACAROON KISSES.

Beat the whites of two eggs real stiff; add $\frac{3}{4}$ cup white sugar. Cook together until it starts to stick to dish; add 1 teaspoon cornstarch, $1\frac{1}{2}$ cups of shredded cocoanut, 1 teaspoon Sweetheart vanilla. Drop with teaspoon and cook in real slow oven.—*L. Dean.*

WHITE COOKIES.

One cup of white sugar, 1 cup of butter, 3 eggs, 2 teaspoons Sweetheart baking powder, $\frac{1}{2}$ teaspoon of soda, 1 teaspoon Sweetheart vanilla. Put in enough Daisy flour to roll out and cut and bake in hot oven.

Mabel Tedball.

GINGER DROPS

$\frac{1}{2}$ cup lard, $\frac{1}{2}$ cup molasses, $\frac{1}{2}$ cup brown sugar $\frac{1}{2}$ teaspoon ground Sweetheart cloves, 1 teaspoon ginger, 1 egg, a few raisins and currants, $\frac{1}{2}$ tablespoon soda dissolved in $\frac{1}{2}$ cup boiling water, $2\frac{1}{2}$ cups Daisy flour. Drop from tablespoon on buttered pans.—*L. Dunlop.*

DATE SQUARES

$1\frac{1}{4}$ cups of rolled oats, $1\frac{1}{4}$ cups of Daisy flour, $\frac{3}{4}$ teaspoon of soda sifted in the flour, 1 cup of brown sugar, $\frac{1}{2}$ cup butter. Mix till in fine crumbs.

Filling.—One pound of dates, 1 cup of boiling water, $\frac{1}{2}$ cup sugar. Stir till smooth. Put part of crumbs in a well greased pan. Spread on date filling and sprinkle remainder of crumbs on the top. Cook 20 minutes, cut in squares while warm.—*M. Brown.*

DATE COOKIES

Two eggs, cup melted butter, 1 teaspoon cinnamon, $2\frac{1}{2}$ cups graham flour, 2 cups brown sugar, 1 teaspoon soda, $2\frac{1}{2}$ cups Daisy flour. Cook dates and put between and cook.—*Mrs. Richardson.*

OATMEAL COOKIES

Two cups Daisy flour, 2 cups oatmeal, 1 cup granulated sugar, 1 cup lard and butter mixed, $\frac{1}{2}$ cup sour milk, $\frac{1}{2}$ teaspoon soda, pinch of salt. Mixed as a piecrust. Roll thin and bake in a moderate oven.

Filling.—1 lb dates cut fine, 1 cup granulated sugar, $\frac{1}{2}$ cup water. Boil and spread thin.—*Mrs. Williamson.*

COCOANUT MACAROONS

One cup of cocoanut, 1 cup sugar, 2 cups oatmeal, 1 tablespoon butter, 2 eggs, 1 teaspoon Sweetheart vanilla. Drop in a buttered tin and cook in a hot oven 20 minutes.—*M. Brown.*

AFTERNOON TEA DOUGHNUTS

Two eggs, 6 tablespoons sugar, $\frac{3}{4}$ teaspoon salt, $\frac{1}{4}$ teaspoon Sweetheart grated nutmeg, 2 tablespoons melted shortening, 6 tablespoons milk, 2 cups Daisy flour, 3 teaspoons Sweetheart baking powder. Beat eggs until very light; add sugar, salt, nutmeg, shortening and milk; add flour and baking powder which have been sifted together; mix well. Drop by teaspoonful into deep hot fat and fry until golden brown. Drain well on unglazed paper, and sprinkle with powdered sugar.—*Miss Graeme.*

OATMEAL DROP COOKIES

Two cups oatmeal, 2 cups sugar, 2 cups Imperial Patent flour, 1 cup raisins or dates chopped, 1 teaspoon cinnamon. Mix all together dry, then add 1 cup melted butter, 2 eggs well beaten, $\frac{1}{4}$ cup of sour milk, 1 teaspoon soda. Drop in pan.

GINGER COOKIES

Two cups cooking sugar, $\frac{3}{4}$ cup shortening, 1 egg, 1 cup molasses, 1 cup sour milk, 1 teaspoon soda, 1 tablespoon ginger, enough Daisy flour to make a real stiff dough. Bake in quick oven.—*Mrs. H. L. Woolley.*

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OATMEAL MACAROONS

One cup white sugar, 1 cup rolled oats, 1 egg, 1 cup Daisy flour,, $\frac{1}{2}$ teaspoon Sweetheart vanilla, 2 teaspoons butter, 1 teaspoon Sweetheart baking powder, speck of salt. Beat the egg in a bowl. Add the sugar and mix well. Sift the dry ingredients; add oatmeal and mix again.; add to egg and sugar. Drop by teaspoonfuls on a well greased pan. Bake in a moderate oven until delicately browned.—*Mrs. Gough.*

OATMEAL COOKIES

Two eggs, $1\frac{1}{2}$ cups brown sugar, 1 cup lard, 4 cups oatmeal, 1 teaspoon soda dissolved in a little hot water.—*Mrs. C. Burns.*

HERMITS

One-third cup butter, $2\frac{1}{3}$ cups sugar, 1 egg, 2 tablespoons milk, $1\frac{3}{4}$ cups flour, 2 teaspoons baking powder, $\frac{1}{3}$ cup raisins, $\frac{1}{2}$ teaspoon Sweetheart cinnamon, $\frac{1}{4}$ teaspoon nutmeg, $\frac{1}{4}$ teaspoon cloves. Cream the fat in a bowl; add to it sugar, beaten egg, raisins and milk. Sift dry ingredients and add to the wet mixture. Drop by spoonfuls and bake on a slightly greased pan in a moderate oven about 10 to 12 minutes.

Thelma Addison.

DATE DOUGHNUTS

One cup sugar, 1 teaspoon Sweetheart baking powder, 1 tablespoon melted butter, 2 eggs, $\frac{1}{2}$ teaspoon nutmeg, $\frac{1}{2}$ teaspoon vanilla, $\frac{1}{4}$ teaspoon cinnamon, $\frac{1}{2}$ teaspoon soda, $\frac{1}{2}$ teaspoon salt, 1 cup sour milk, Imperial Patent pastry flour, dates. Stone and halve the dates, cream butter and sugar together, add eggs well beaten, vanilla, sour milk with soda added to it, 2 cupfuls of flour sifted with spices, salt and baking powder in it. Add enough flour to make a soft dough. Roll $\frac{1}{4}$ inch thick and cut with round cutter as for cookies. Place half a date on one side; flop over the other side, press edges together. Fry in deep fat. Roll in powdered sugar.—*Mrs. A. E. Tutt.*

WALNUT WAFERS

One cup brown sugar, 1 egg (well beaten), 1 cup walnuts, 6 teaspoons Scott & Templeman flour sifted with 1 teaspoon of Sweetheart baking powder. Drop on buttered tin and cook for 15 minutes.

CHEESE STRAWS

Sift 1 teaspoon of Sweetheart baking powder, 1 cup Scott & Templeman's flour, add a pinch of salt. Mix in 1 tablespoon of butter and 2 cups of grated cheese. Add enough water to roll out like piecrust. Cut in strips and bake a light brown in hot oven.

AFTERNOON TEA CAKES

Two cups of flour, 2 cups of brown sugar, $\frac{1}{2}$ cup butter, $\frac{1}{4}$ teaspoon salt, $\frac{1}{4}$ teaspoon Sweetheart lemon extract, milk and walnut meats. Mix and sift flour, sugar and salt. Work the butter into the mixture. Add just enough milk to allow the mixture to be rolled. Roll to $1\frac{1}{3}$ inch thickness, cut in desirer shape and place walnut meat on each. Bake in a slow oven until brown.

CAKES

*To mould mankind at will and shape their acts
First dine them well and they'll become as wax.*

THE CHRISTMAS CAKE

Whether you decide to bake a fruit cake using many eggs or one of the sort using no eggs at all, the time is ripe for baking it. The cake will have plenty of time to ripen without becoming stale before wanted for use.

Many women seem to think that fruit cake will not keep without its traditional preservative. Actually brandy is served only to season and flavor the cake, not to keep it. Thorough baking and the use of strong coffee and grape juice in the cake, in place of milk, will keep a cake moist for several weeks.

Steaming and then baking a fruit cake insures a well done, moist cake. If the whole process of cooking must be done in the oven put the cake in a larger pan of hot water for all but the last half hour of baking. Keep the oven at a very moderate heat.

A square of fruit cake should always be included in the Christmas box sent to any member of the family unable to be under his own rooftree for the holidays. There is nothing quite so full of homely cheer as black, rich fruitcake—it's as traditional as Santa Claus and as symbolic as the jolly old saint himself.

This following recipe is for a rich black fruit cake that will grace any purpose for which it may be needed. It will cost "real money" to assemble its parts and work and care in its mixing and baking, but the result is something for any home-maker to be vastly proud of.

The addition of Cowan's chocolate adds much to the flavor and color and is not usually found in recipes.

One cup butter, 1 cup lard, $\frac{2}{3}$ cup brown sugar, 10 eggs, 1 cup molasses, 4 cups Imperial Patent flour, 1 cup strong cold coffee, 1 teaspoon soda, 1 tablespoon cinnamon, 1 tablespoon allspice, 1 teaspoon cloves, 1 nutmeg (use Sweetheart spices), $\frac{1}{2}$ cake chocolate, 1 cup grape juice or sweet cider, 2 pounds seeded raisins, 1 pound seedless raisins, 1 pound citron, 1 pound candied cherries, $\frac{1}{4}$ pound candied lemon peel, $\frac{1}{4}$ pound candied orange peel, $2\frac{1}{2}$ cups blanched and shredded almonds, $\frac{1}{2}$ pound prunes, 1 cup preserved pineapple or pear conserve, 2 tablespoons vanilla, $\frac{1}{2}$ teaspoon salt.

If possible, use "cluster" raisins; seed and chop. Clean currants. Wash and thoroughly dry seedless raisins. Slice and shred citron. Wash, stone and chop prunes. Mince orange and lemon peel. Mix these fruits and sift half cup of flour over them. Stir well with a fork. This $\frac{1}{2}$ cup of flour is not included in the four cups called for in the recipe. Mix and sift flour, salt, soda and spices. The nutmeg, of course, is grated. Cream shortening and slowly beat in sugar. Add eggs, well beaten. Beat mixture well and add part of the flour. Add molasses, coffee and vanilla and beat until smooth. Add remaining flour and stir until perfectly

blended. Add melted chocolate and grape juice and beat until smooth. Add cherries, cut in halves, nuts, floured fruit and preserves. Mix thoroughly and turn at once into oiled and floured deep pans. Cover with buttered paper and steam three hours. Then bake in a very slow oven for two hours. When taken from the oven on a clean towel place over a cake cooler or bread board. Pull the cloth over the pan to completely cover it. Let stand 15 minutes. Then lift off pan, turn cake right side up and let stand until cold. Wrap in heavy waxed paper and keep in a tight box until needed. Bake at least three weeks before wanted.

FRESH STRAWBERRY FROSTING

Mash fresh strawberries through a colander to a thick smooth paste. Add enough confectioners' sugar to make frosting thick enough to spread.

QUICK COFFEE CAKE

7 $\frac{1}{4}$ cup fat, 1 cup sugar, 2 eggs (beaten separately) $\frac{1}{2}$ cup milk, $\frac{1}{4}$ teaspoon salt, $1\frac{1}{4}$ cups Imperial Patent flour (sifted), $\frac{1}{4}$ cup cornmeal, 1 tablespoon Sweetheart baking powder. Cream the fat, add sugar gradually, then the well-beaten eggs and milk alternately with the flour, measured, mixed and sifted with the baking powder and cornmeal. Spread mixture in a well-greased, shallow tin. Spread the top with melted fat, sprinkle with sugar and cinnamon. Bake in a moderately hot oven 20 minutes.

DEVIL'S FOOD CAKE

One egg, beaten, added to 1 cup sugar, 2 squares of chocolate, dissolved in $\frac{1}{2}$ cup boiling water, 1 even teaspoon of soda, added to 1 cup of thick sour cream or milk, $1\frac{1}{2}$ cups Imperial Patent flour, sifted twice, 1 teaspoon of Sweetheart vanilla. Mix ingredients in order named; put batter in greased pans and bake in medium hot oven.

MOCHA FROSTING

Four cups of powdered or confectioner's sugar, 4 tablespoons of cocoa, 2 tablespoons of butter, $\frac{1}{4}$ teaspoon of salt, coffee liquid. Mix sugar and cocoa; add butter and salt; stir in coffee liquid until mixture is of a consistency to spread smoothly.

JELLY ROLL.

Two egg yolks, 2 egg whites, small cup Imperial Patent flour, $\frac{3}{4}$ cup of sugar, $\frac{3}{8}$ cup of hot water, $1\frac{1}{2}$ teaspoons Sweetheart baking powder, salt, flavoring. Beat the yolks until thick. Add the sugar gradually. Add the flour. Fold in whites and flavoring. Bake in a thin sheet in a pan lined with greased paper. Bake 25 minutes. Remove at once and roll.

SOUR CREAM CAKE

One cup of sour cream, 1 cup of sugar, 2 tablespoons of melted butter, 1 level teaspoon soda, 1 teaspoon of salt, 2 cups Imperial Patent flour, $\frac{1}{4}$ teaspoon of nutmeg, $\frac{1}{2}$ teaspoon Sweetheart cinnamon. Blend sugar and butter. Add cream into which soda has been beaten. Then add salt, flour and spice. Bake in moderate oven. Frost with a simple white frosting.

SPONGE CAKE

One cup of brown sugar, butter size of an egg, 1 cup of milk, 2 large tablespoons Imperial Patent flour, 2 egg yolks, a little salt, Sweetheart vanilla. Melt butter and sugar. Add flour, milk, eggs and seasoning and cook until thick. Cut sponge cake in half. Spread filling between layers and on top. Pile whipped cream on top and sprinkle with crushed peanut brittle.

PERFECT WHITE CAKE

Frost—cut in cubes. Letter each cake with red letter. Arrange on platter so that they spell "Christmas."

$\frac{1}{2}$ cup butter (very small), 1 cup pulverized sugar, $\frac{1}{2}$ cup of milk, 1 cup Imperial Patent flour, whites of 4 eggs, Sweetheart vanilla, 1 heaping teaspoon Sweetheart baking powder. Cream the butter and sugar. Then add remaining ingredients in order given and mix well. Bake in 2 small square layer pans about 15 minutes.

EGGLESS FRUIT CAKE

One pound fat salt pork, 2 cups boiling water, 2 cups brown sugar, 1 cup molasses, 1 nutmeg, 2 tablespoons Sweetheart cinnamon, 1 tablespoon cloves, 1 pound seeded raisins, 1 pound dates, 1 pound currants, $\frac{1}{2}$ pound citron, $\frac{1}{2}$ pound candied pineapple, 1 pint preserved cherries, 2 cups chopped nut meats, 4 tablespoons strong cold coffee, 4 teaspoons Sweetheart baking powder, $\frac{1}{2}$ teaspoon soda, 8 cups Imperial Patent flour, 1 tablespoon Sweetheart vanilla. Remove rind and bits of lean meat from salt pork. Chop fat very finely and put into a large mixing bowl. Pour over boiling water and let stand until luke-warm. Mix the chopped fat and water well while the water is hot. Stone and chop raisins. Clean and dry currants. Stone and chop dates. Slice and shred citron. Cut pineapple in small dice. Mix fruit and sift over one cup of flour. Stir well with a fork. Mix and sift remaining flour with baking powder and soda.

Add sugar, molasses and spices to softened fat. Mix well and add preserved cherries. Add part of the flour and mix smooth. Add prepared fruit and nuts and mix thoroughly. Stir in coffee and vanilla. Add remaining flour and mix until perfectly blended. Turn into deep pans, lined with heavy buttered paper, cover with buttered paper and bake in a slow oven for $2\frac{1}{2}$ hours. Remove paper over the top of the pans and bake 30 minutes longer. When cake is cool wrap in towels and let stand four or five hours. Wrap tightly in heavy waxed paper and store in tight tin box until wanted to use.

DATE AND RAISIN CAKE

$\frac{3}{4}$ cup shortening, 2 cups sugar, 3 eggs, $\frac{3}{4}$ cup Imperial Patent flour, $\frac{1}{8}$ teaspoon salt, $\frac{1}{2}$ teaspoon Sweetheart baking powder, $\frac{1}{8}$ teaspoon soda, 1 teaspoon mixed Sweetheart spices, 1 cup milk, $1\frac{1}{4}$ cups chopped dates, 1 cup raisins. Cream the shortening and sugar and add the well-beaten eggs. Add the milk alternately with the dry ingredients, sifted together. Flour the dates and raisins and add them. Bake in a large leaf pan in a slow oven for about 4 hours.

KNOX GELATINE comes in two packages—PLAIN and ACIDULATED (Lemon Flavor).

FRIED CAKES

Two eggs, 1 heaping cup sugar, 1 cup sour milk, 1 teaspoon soda, pinch salt, 1 heaping teaspoon Sweetheart baking powder, nutmeg.

Mrs. W. Dowding.

DATE CAKE

One pound of dates (ground), 1 level teaspoon of soda, 1 cup of boiling water, a little butter, 1 cup of sugar, $1\frac{1}{2}$ cups Imperial Patent flour, salt, 1 egg, $\frac{1}{2}$ cup of nuts. Grind dates. Rub soda into dates. Pour over 1 cup of boiling water. Add the remaining ingredients. Bake in a moderate oven.

CARAMEL ICING

Six tablespoons of cream, 2 cups light brown sugar, 4 tablespoons of melted butter. Cook very slowly until it forms a soft ball in water. Let cook a bit before spreading on cake.

ONE EGG CAKE

Cream together one cup granulated sugar and one tablespoon butter substitute. One egg beaten well in a cup and then fill the cup with milk. Two cups Imperial Patent flour (sift first and then measure. Two teaspoons Sweetheart baking powder. Flavoring.

APPLE SAUCE CAKE

One cup and a half apple sauce, 1 cup sugar, $\frac{1}{2}$ cup butter or vegetable fat, 2 cups flour, 2 teaspoonfuls soda in a little warm water, 1 cup chopped raisins and $\frac{1}{2}$ teaspoon each Sweetheart cinnamon, mace and clove.

FRUITED SPONGE OR CUP CAKES

Cook 2 cups grated pineapple and one cup sugar until thick and set aside to cool. Soak $\frac{1}{2}$ envelope Knox sparkling gelatine in $\frac{1}{4}$ cup cold water ten minutes and let stand over boiling water until dissolved. When cool, add to 1 cup stiffly whipped cream, and beat into the pineapple. Cut off the top of individual sponge or cup cakes, hollow out the centre and fill with above paste. Replace top of cake and cover whole of cake with frosting. Decorate with pieces of pineapple and figs. If desired, any fresh or canned fruit may be used in place of the pineapple for making the paste.

CREAM FILLING FOR CAKE

Mix $\frac{3}{4}$ cup sugar, $\frac{1}{8}$ teaspoon salt and add 2 eggs well beaten. Pour gradually on two cups scalded milk. Cook in double boiler, stirring constantly until mixture coats the spoon, then add $\frac{1}{2}$ envelope Knox sparkling gelatine that has been soaked in $\frac{1}{4}$ cup cold milk and one teaspoon vanilla. When cold, spread on cake. By the use of gelatine for cream filling for cakes, cream puffs and other things, you can use less cream.

COFFEE FILLING

Make the same as cream filling, using one cup of hot coffee and one cup hot milk.

FROSTING FOR CAKE

Soak 1 teaspoonful Knox sparkling gelatine in 2 teaspoonfuls cold water 10 minutes, and dissolve in six tablespoonfuls hot milk; then add two tablespoonfuls melted butter. Stir in confectioners' sugar until the mixture is of the right consistency to spread (the amount required being about $2\frac{3}{4}$ cups) and add one teaspoonful Sweetheart vanilla.

EGGLESS CHOCOLATE CAKE

Two cups yellow sugar, $\frac{1}{2}$ cup lard, pinch salt, $\frac{1}{2}$ cup cocoa, 1 cup sour milk. Mix together and then add $2\frac{1}{2}$ cups flour, lastly $\frac{1}{2}$ cup boiling water in which has been dissolved 1 level teaspoonful soda. Beat until smooth.

Filling.—1 cup powdered sugar, 2 teaspoonfuls cocoa, 1 tablespoon butter, 2 tablespoons hot coffee.

GROOM'S CAKE

Cream together 3 cups sugar and 1 cup butter, then add alternately 2 cups sweet milk and 4 cups of Daisy flour in which 4 teaspoons of Sweetheart baking powder and a little salt have been sifted several times, 2 teaspoons Sweetheart vanilla. Beat all well and lastly fold in the stiffly beaten whites of 8 eggs. Ice with seafoam icing made of $1\frac{1}{2}$ cups of white sugar boiled with $\frac{1}{2}$ cup of water until it threads. Remove from fire. Have the whites of 2 eggs beaten stiff. Beat the syrup into this and continue beating until very smooth. Vanilla may be added. Spread on the cold cake.—*Mabel Tedball.*

BRIDE'S CAKE

$2\frac{1}{2}$ lbs. butter cut in pieces and soften but don't melt, then beat to a cream. Add $1\frac{3}{4}$ lbs. granulated sugar and $\frac{1}{2}$ lb. brown sugar and beat until white. Beat separately the yolks and whites of 12 eggs. Add to mixture and beat well. Then add 1 lb. almond nuts (blanched and chopped), 1 lb. lemon peel and 1 lb. citron peel cut fine, 1 cup of fruit juice, 1 tablespoon vanilla, 1 teaspoon each of Sweetheart ginger, cloves, cinnamon and allspice, 1 nutmeg (grated). In $\frac{1}{2}$ cup molasses dissolve 2 teaspoons soda and add to the mixture, then 2 lbs. sifted Daisy flour and lastly 4 lbs. raisins, 5 lbs. currants and 1 lb. dates. Bake in slow oven.—*Mabel Tedball.*

CHOCOLATE CAKE

Three squares unsweetened chocolate, 2 tablespoons of sugar, $1\frac{1}{2}$ tablespoons milk, 4 tablespoons shortening, 1 cup sugar, 2 eggs, $\frac{2}{3}$ cup milk, $1\frac{1}{3}$ cup Daisy flour, 2 teaspoons Sweetheart baking powder, $\frac{1}{8}$ teaspoon salt. Cook slowly until smooth, first three ingredients. Cream shortening; add sugar and beat well. Add yolks of eggs and beat again. Stir in chocolate mixture and then add alternately the milk and the flour which has been sifted with baking powder and salt. Fold in the beaten whites of eggs. Bake in greased loaf pan in moderate oven 50 to 60 minutes. Cover with white or chocolate icing.—*Mrs. Wm. Vincent.*

NUT CAKE

Two eggs, two big handfuls of brown sugar, half cup butter or shortening. Beat well together half cup sour milk, small teaspoonful of baking soda, 10 cents' worth of chopped walnuts, half cup of currants, 1 cup of chopped seeded raisins.—*L. Dean.*

CRUMB CAKE

Make a biscuit dough of 2 cups Daisy flour, 1 cup granulated sugar, $\frac{3}{4}$ cup butter, 1 teaspoon baking soda, 1 teaspoon Sweetheart baking powder, 1 teaspoon cloves, 1 teaspoon cinnamon. Rub to crumbs. Add 1 cup sour milk and a beaten egg, 1 cup raisins, a pinch of salt.

Ethel Braund.

MOCHA CHOCOLATE ICING

One cup powdered sugar, $\frac{1}{4}$ cup butter, 4 heaping teaspoons cocoa, 2 teaspoons Sweetheart vanilla, 1 tablespoon strong hot coffee. Stir well.

ORANGE CAKE

Three eggs, $\frac{1}{2}$ cup butter, $1\frac{1}{2}$ cups white sugar, juice of 1 orange and grated rind, and fill the cup with water, $1\frac{1}{2}$ cups Daisy flour, 2 teaspoons Sweetheart baking powder.

Icing.—Juice of 1 large orange or two small oranges and grated rind and juice of $\frac{1}{2}$ lemon, and icing sugar.—*Mabel Tedball.*

CHOCOLATE CAKE

One cup white sugar, 2 tablespoons of butter, 1 egg, 1 cup sour milk, 1 teaspoon soda, 1 teaspoon Sweetheart baking powder, 1 teaspoon Sweetheart vanilla, 2 tablespoons cocoa, $\frac{1}{2}$ cup sour milk; put cocoa in this $\frac{1}{2}$ cup sour milk and boil; $1\frac{1}{2}$ cups Daisy flour. Take other $\frac{1}{2}$ cup sour milk and put 1 teaspoon soda in.—*Mabel Tedball.*

CHRISTMAS CAKE

One pound raisins, 1 pound currants, 1 pound dates, $\frac{1}{2}$ pound brown sugar, $\frac{1}{2}$ pound butter, $\frac{1}{4}$ pound shelled almonds, $\frac{1}{2}$ dozen eggs, 3 ounces each of orange, lemon and citron peel, 3 tablespoons molasses, juice of 1 orange and 1 lemon, 1 tablespoon Sweetheart mace, cloves and nutmeg, 1 teaspoon baking soda, 3 heaping cups sifted Daisy flour. Sift soda in flour. Bake in slow oven $2\frac{1}{2}$ to $3\frac{1}{2}$ hours.

Icing for Christmas Cake.— $1\frac{1}{2}$ cups icing sugar, wet with sweet cream or rich sweet milk. Season with vanilla.

EGGLESS CAKE

One cup granulated sugar, 1 cup milk, 1 teaspoon flavoring, 2 cups Daisy flour, 3 teaspoons Sweetheart baking powder. Add flour sifted with baking powder alternately with milk till all is used. Add flavoring.

EMERGENCY FROSTING

Put 1 egg (white), $\frac{7}{8}$ cup granulated sugar, 3 tablespoons cold water in the upper part of a double boiler and set over rapidly boiling water. Beat constantly with Dover egg beater for 7 minutes. Remove from stove. Beat until thick enough to spread.—*Mrs. H. L. Woolley.*

BANANA CAKE

One cup sugar, 1 egg, $\frac{1}{4}$ cup butter (small), $\frac{1}{2}$ cup bananas (creamed), $\frac{1}{2}$ cup sour milk, 1 teaspoon baking soda in milk, 2 cups Daisy flour.—*Mrs. A. Cooper.*

FRUIT CAKE

Two pounds raisins, 2 pounds currants, $1\frac{1}{2}$ cups brown sugar, $1\frac{1}{2}$ cups butter, $\frac{1}{8}$ pound lemon peel, $\frac{1}{4}$ pound citron, 1 nutmeg, 1 teaspoon cinnamon, 1 teaspoon soda, $\frac{1}{4}$ pound nuts, 1 cup Imperial Patent flour, wine glass of milk, 6 eggs.—*Mrs. J. Parkinson.*

MAPLE NUT CAKE

One-third cup butter, 1 cup light brown sugar, $\frac{1}{2}$ cup milk, 2 eggs, $1\frac{1}{2}$ cups flour, $\frac{1}{4}$ teaspoon salt, 2 teaspoons Sweetheart baking powder, 1 cup chopped nuts, 1 teaspoon vanilla. Cream butter and sugar, yolks of eggs, milk; beat, and add flour, salt and baking powder sifted together. Add nuts and fold in beaten egg whites, flavoring lastly. Bake in moderate oven 30 minutes.—*Mrs. L. Gough.*

DATE CAKE

$1\frac{1}{4}$ cups oatmeal, $1\frac{1}{4}$ cups Imperial Patent flour, 1 cup brown sugar, $\frac{3}{4}$ cup butter. Mix to crumbs. A layer of this in bake dish and spread cooked dates over. Then spread rest of crumbs on top. Cook $\frac{3}{4}$ of an hour.—*Mrs. Thos. Dickson.*

LAYER CAKE

Two eggs, 1 tablespoon butter, $\frac{3}{4}$ cup sugar, $\frac{3}{4}$ cup milk, 2 teaspoons Sweetheart baking powder, $1\frac{1}{2}$ cups Imperial Patent flour, 1 teaspoon flavoring.

Filling for Cake.—Grated rind and juice of one lemon, 1 egg, $\frac{3}{4}$ cup sugar, 3 tart apples, sliced or grated. Boil all till tender and when cool spread between the layers.

Icing.—1 cup sugar, $\frac{1}{4}$ cup water boiled on the stove till it hairs from spoon. Pour over the beaten white of one egg. Beat together till cool enough to spread. When cool add nuts or fruit and spread on cake.—*Mrs. W. J. Parkinson.*

WHITE FRUIT CAKE

Into 1 pound of Imperial Patent flour put 2 teaspoons of Sweetheart baking powder and 1 teaspoon salt; mix well. Rub into the flour $\frac{1}{2}$ pound butter and add the following: $\frac{1}{2}$ pound raisins, $\frac{1}{2}$ pound currants, $\frac{1}{4}$ pound mixed peel, 2 cups sugar, grated rind of 1 lemon. Mix together. Beat 4 eggs and 1 cup of milk. Add to dry ingredients. Bake in slow oven.—*Mrs. Russell Lee.*

COCOA CAKE

Three tablespoons cocoa, 1 tablespoon sugar, yolk of one egg, $\frac{1}{2}$ cup sweet milk. Cook until thick. Add 1 cup sugar, $\frac{1}{2}$ cup butter, 1 egg, white of the other one, $\frac{1}{2}$ cup sweet milk, $\frac{1}{2}$ teaspoon soda, 1 teaspoon cream tartar, vanilla and salt. Imperial Patent flour to thicken.—*Mrs. C. Wilson.*

CRUMB CAKE

One cup yellow sugar, $\frac{1}{2}$ cup butter, 2 cups flour. Mix all together, then take out $\frac{2}{3}$ cup for icing. Take $\frac{1}{2}$ cup butter, milk, 1 egg, $\frac{1}{2}$ cup chopped raisins, 1 teaspoon soda, 2 teaspoons allspice and nutmeg.—*Mrs. L. Starling.*

BANANA CAKE

One cup sugar, $\frac{1}{3}$ cup butter, 1 egg, 1 cup chopped bananas, 3 tablespoons sour milk, 1 teaspoon soda, pinch of salt, $1\frac{1}{2}$ cups flour. Add bananas last. This cake should be used at once.—*L. Day.*

CHERRY CAKE

One pound butter, 1 pound white raisins, 1 pound citron peel, 1 pound almond nuts, 1 pound maraschino cherries, whites of 8 eggs, 1 teaspoon nutmeg, 3 teaspoons Sweetheart baking powder, 4 cups of Imperial Patent flour. Bake in a very slow oven.—*Mrs. H. McHarg.*

FUDGE LAYER CAKE

One cup granulated sugar, 2 tablespoons cocoa, $\frac{1}{4}$ cup butter, 1 egg, $\frac{1}{2}$ teaspoon salt, 1 teaspoon Sweetheart baking powder, 1 teaspoon baking soda, $\frac{1}{2}$ cup sweet milk, $1\frac{1}{2}$ cups Imperial Patent flour, $\frac{1}{4}$ cup boiling water, vanilla to taste. Bake in shallow layer tins.

Filling— $\frac{1}{3}$ cup granulated sugar, 1 tablespoon cocoa, $\frac{1}{2}$ cup hot water, 1 tablespoon butter, 1 tablespoon corn starch mixed with cold water, vanilla to taste. Cook until thick.—*Mrs. A. Nichols.*

CHOCOLATE CAKE

$\frac{1}{2}$ cake chocolate, 1 whole egg, 2 egg yolks, $\frac{2}{3}$ cup sweet milk; boil until thick; let cool. Add $\frac{1}{2}$ cup butter, 1 cup white sugar, 2 cups Imperial Patent flour sifted three times, 1 teaspoon Sweetheart baking powder and 1 teaspoon baking soda sifted in flour.

Icing.—Whites of 2 eggs, 2 cups white sugar, $1\frac{1}{2}$ cups cold water. Boil till it strings, then beat in whites.—*Edith Clark.*

CHRISTMAS CAKE

Two pounds raisins, 2 pounds currants, 12 eggs, $1\frac{1}{4}$ pounds butter, 4 cups brown sugar, 2 teaspoons Sweetheart mace, 1 nutmeg, 1 pound mixed peel, nuts to suit taste. No milk. Nothing to raise, but Daisy flour to thicken.

WHITE ROSE CAKE

One cup granulated sugar, $\frac{1}{2}$ pound butter, $\frac{1}{2}$ cup warm sweet milk, $3\frac{1}{2}$ cups flour, 2 teaspoons Sweetheart vanilla, $1\frac{1}{2}$ teaspoons Sweetheart baking powder, 10c worth orange peel (shredded fine), 10c worth walnuts, 3 eggs, 1 cup of candied cherries.

FRUIT LAYER CAKE

One cup brown sugar, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup sour milk with $\frac{1}{2}$ teaspoon soda, 2 cups chopped and seeded raisins, 2 cups Daisy flour, 2 eggs. Bake in two layers with white frosting between.—*M. Dunn.*

MAHOGANY CAKE

1½ cups sugar and ½ cup butter creamed together, 1 cup sweet milk, 3 eggs beaten separately, 1 teaspoon soda, ½ cup grated chocolate or cocoa boiled in ½ cup sweet milk until thick; let cool; stir in cake; 2 cups flour. Add beaten whites of eggs last. Flavor with vanilla.

Mrs. Clifford

WHITE FRUIT CAKE

Two cups white sugar, 1 pound butter, 6 eggs, ½ cup warm water, 2 teaspoons vanilla, 2 teaspoons Sweetheart baking powder, 2 pounds bleached sultanas, ½ pound lemon peel (if desired), 1 cup cherries, 5 cups Daisy flour, pinch of salt. Mix in order as above. Bake in a slow oven for 2 hours.—*Mrs. C. H. Rastin.*

FUDGE CAKE

One cup granulated sugar, 2 tablespoons cocoa, ½ cup butter, 1 egg, 1 teaspoon salt, 1 teaspoon soda dissolved in ½ cup sour milk, 1½ cups Imperial Patent flour, ¼ cup boiling water. Flavor with Sweetheart vanilla.

Filling—1 cup hot water, 1 tablespoon cocoa, ⅔ cup granulated sugar, 1 tablespoon butter, 1 tablespoon corn starch, ½ cup cold water. Flavor with Sweetheart vanilla.—*Mary Hogg.*

RASPBERRY CAKE

Two eggs, 1 cup brown sugar, ¾ cup butter, ½ cup sour milk, 1 cup raspberries, 1 small teaspoon baking soda, ¼ teaspoon each of Sweetheart cinnamon, allspice and cloves, and a little nutmeg, 2½ cups Imperial Patent flour. Bake in layers in a moderate oven.—*Mrs. Fenwick.*

LILLIE'S BROWN CAKE

Two eggs, 1 cup white sugar, ½ cup molasses, 1 teaspoon vanilla, ¼ cup butter, 2 cups sour cream in which has been stirred 1 teaspoon baking soda. Bake in layers in a moderate oven.—*Edith Clarke.*

WHITE LAYER CAKE

Cream together ½ cup butter and 1½ cups sugar, then add 2 well beaten eggs, 1 cup milk, 2 teaspoons Sweetheart baking powder sifted with 2½ cups of Daisy flour. Bake in a large tin. For the frosting and filling place in a bowl 1½ cups confectioners' sugar and 1 tablespoon butter. Pour over these 3 tablespoons strong hot coffee. Add 1½ tablespoons powdered cocoa and beat the mixture hard. Flavor with vanilla. Bake in layers.—*Mrs. Fenwick.*

FRUIT LAYER CAKE

One cup white sugar, ½ cup shortening, 1 egg, ¾ teaspoon Sweetheart cinnamon, ¼ teaspoon nutmeg. Add ½ cup raisins, ½ cup chopped walnuts, 1 teaspoon baking soda in 1 cup sour milk. Lastly, 1 teaspoon Sweetheart baking powder in 2 cups flour. Bake in layers 25 minutes in moderate oven.—*Mrs. E. Emmons.*

SPONGE CAKE

Beat to a cream 2 eggs and 1 cup sugar. Add 1 cup well sifted Daisy flour, and a pinch of salt. Again beat to a cream. Sift together 1 tablespoon flour and 1 teaspoon Sweetheart baking powder, beat well and add $\frac{1}{2}$ cup boiling water and flavoring.—*Mrs. E. F. Snively.*

BEST-EVER DATE CAKE

One cupful stoned and chopped dates, 1 teaspoon soda, 2 tablespoons butter, pinch salt, 1 egg, 1 teaspoon vanilla, 1 cupful boiling water, 1 cupful brown sugar, $1\frac{1}{2}$ cups flour, $\frac{1}{2}$ cup nutmeats. Sprinkle the soda over the chopped dates and add the boiling water. Stand until cool, then add the other ingredients and bake in medium oven 25 minutes.

Mrs. W. J. Ashton.

FRUIT CAKE

Two pounds raisins, 2 pounds currants, 1 pound butter, 1 pound yellow sugar, 6 eggs, 15c worth nuts, 4 cups Imperial Patent flour, peel and Sweetheart spices to taste, 1 teaspoon soda and flour to stiffen.

Mrs. Topping

MISSIONARY CAKE

One cup brown sugar, 1 cup water, 2 cups seeded raisins, $\frac{1}{3}$ cup lard, 1 tablespoon molasses, $\frac{1}{4}$ teaspoon nutmeg, $\frac{1}{2}$ teaspoon Sweetheart cloves, 1 teaspoon cinnamon. Boil the above 3 minutes; let cool and add 1 teaspoon soda dissolved in a little water, 1 teaspoon Sweetheart baking powder sifted in 2 cups flour. Bake in a slow oven.—*Mrs. Head.*

DATE CAKE

One pound dates, 10c worth shelled walnuts, $\frac{3}{4}$ cup butter, 1 cup brown sugar, 1 cup sour milk, 1 egg, 2 cups flour, 1 teaspoon soda, a little salt. Cream egg, sugar and butter, then add the sour milk and soda, then flour with nuts and dates, sprinkled with the flour. Mix well and bake in a square pan about 30 minutes in a moderate oven. (Good).

Mrs. R. March.

DATE LAYER CAKE

One cup chopped dates, 1 cup raisins, 1 teaspoon soda, then put 1 cup boiling water over all and let cool. Then add 1 egg, 1 cup granulated sugar to small tablespoon butter, $\frac{1}{2}$ teaspoon cinnamon, $\frac{1}{2}$ teaspoon nutmeg, $\frac{1}{2}$ teaspoon salt, 1 teaspoon vanilla, $1\frac{1}{2}$ cups Daisy flour. Use a date filling. Can be made in a loaf.—*Mrs. R. A. Carrothers.*

FRUIT AND NUT CAKE

$\frac{1}{2}$ cupful crisco, 1 cup brown sugar, 2 egg yolks, 1 cup sour milk, $1\frac{3}{4}$ cups flour, $1\frac{1}{2}$ teaspoons Sweetheart baking powder, 1 teaspoon soda, 1 teaspoon Sweetheart cinnamon, $\frac{1}{2}$ teaspoon cloves, $\frac{1}{4}$ teaspoon grated nutmeg, $\frac{1}{2}$ cup walnuts (chopped), 1 cup raisins, $\frac{1}{2}$ cup currants, $\frac{1}{4}$ teaspoon salt, 2 egg whites beaten stiff. Cream Crisco and sugar, add egg yolks, soda dissolved in sour milk, spices, nuts and fruit. Next, flour, salt, baking powder, sifted together. Last, egg whites. Bake in loaf 1 hour in moderate oven.

FIG CAKE

One egg, 1 cupful sugar, 2 cups flour, 1 cup shortening, 1 cup raisins (chopped), 1 teaspoon soda dissolved in $\frac{1}{2}$ cup cold water, $\frac{1}{2}$ pound figs soaked 1 hour then chopped. Rub fruit into flour and bake in slow oven.

CAKE

Sift together 1 cup Daisy flour, 1 cup sugar, 1 heaping teaspoon of Sweetheart baking powder, a pinch of salt. In a teacup break 1 egg, also lump of butter size of a walnut, add flavoring if desired and fill the cup with sweet milk. Put all together and beat thoroughly for about 5 minutes. This may be used either as a loaf or layer cake.—*Mrs. Y. Cameron.*

APPLESAUCE CAKE

Three cups flour, 1 cup currants, 1 cup raisins, 5c worth mixed peel, 1 good cup lard and butter mixed, 1 teaspoon ginger, 1 teaspoon of Sweetheart spice, $1\frac{1}{2}$ cups sugar, 3 cups applesauce, $\frac{1}{2}$ teaspoon soda mixed in a tablespoon of warm water put in applesauce. Bake 1 hour. (Good).—*Mrs. Hilbert.*

FRUIT CAKE

One package seeded raisins, 2 cups cooking sugar, 2 cups water, 1 tablespoon butter, 1 tablespoon lard, $1\frac{1}{2}$ teaspoons salt, $\frac{1}{2}$ teaspoon Sweetheart cloves, 1 teaspoon cinnamon, 10c worth mixed peel, as many nuts as you wish. Boil all together for 5 minutes. When cooked add 3 cups Imperial Patent Flour, 1 heaping teaspoon soda. Bake slowly. This cake will keep moist for a month or more.—*Mrs. H. L. Woolley.*

WHIPPED CREAM

One teaspoon Knox sparkling gelatine, 1 tablespoon cold water, $1\frac{1}{2}$ cups heavy cream, $\frac{1}{4}$ cup milk, $\frac{2}{3}$ cup powdered sugar, 1 teaspoon Sweetheart vanilla, few grains salt. Soak gelatine in cold water for 5 minutes, dissolve by placing over boiling water and cool. Mix cream and milk and add dissolved gelatine. Beat until stiff, using an egg beater, and add sugar, vanilla and salt.

FROSTING FOR CAKE

One teaspoonful Knox sparkling gelatine, 2 teaspoonfuls cold water, 6 tablespoonfuls hot milk, 2 tablespoonfuls melted butter, confectioner's sugar, 1 teaspoonful vanilla. Soak gelatine in cold water 5 minutes and dissolve in hot milk; then add butter. Stir in sugar until mixture is of the right consistency to spread (the amount required being about $2\frac{3}{4}$ cups), and add vanilla.

INCH HIGH ICING

One teaspoonful Knox sparkling gelatine, 3 tablespoonfuls cold water, $\frac{1}{2}$ teaspoonful Sweetheart vanilla, 1 cup sugar, $\frac{1}{4}$ cup hot water, 2 egg whites, (1 teaspoonful orange extract, if desired). Soak the gelatine in the cold water in a small cup and dissolve by melting over hot water. Add the sugar to the hot water and cook directly over the

fire until the syrup will spin a thread. Turn out the heat, or remove pan from fire, and add the liquid gelatine immediately, pouring it through a strainer into the syrup. Have egg whites beaten until stiff on a platter or a very large plate, and very slowly add the syrup, beating constantly between additions. When all the syrup has been added, add flavoring, pour icing in top of double boiler and cook over hot water, beating constantly with a slotted or other wooden spoon. When icing becomes so thick spoon can be drawn through it without icing running together again, it is ready to pile on cake. Remove from fire and pile icing quickly on cake, evening top with a broad-bladed knife. If the icing should lose its shine, continue icing cake as usual but leave a little of the icing in the double boiler; to this add two or three tablespoonfuls of hot water and cook until thickened, but not as thick as the first icing. Pour this on top of the dull icing and a glossy finish will be the result.



Food as An Energy Producer

Food is that which supplies energy for the activities of the body, materials which enter into its structure, and those which so regulate the vital processes as to produce health.

Caloriess The energy value of food and the energy requirements of the body are estimated in Calories. It is found that the requirement for one person varies from 2,300 to 3,500 Calories a day.

Vitamines are substances which exist in whole grain cereals, fruits, vegetables, brown rice, milk, etc. They are essential for growth and the regulation of body processes. They are found in cereals and vegetables in or near the husk or skin, hence, the importance of non-waste of these essential parts. Knox gelatine is important in that through its use many fresh vegetables rich in vitamins may be introduced into the system as salads, etc.

Protein is the foodstuff necessary for building muscular tissue. It abounds in lean meat, milk, white of egg, wheat, cheese, beans, etc. It also furnishes heat and energy.

Carbohydrates furnish heat and energy; found in cereals, potatoes and some fruits in the form of sugar or starch.

Fats, found in butter, cream, olive oil, bacon fat, etc., also supply energy and heat.

An excess of any of these foods will help the body to store a reserve supply of fat.

Twenty-five portions of food, chosen from the following groups of 100 Calorie portions of food will supply 2,500 Calories, sufficient for the average person for one day.

A wise selection of food is:

4 portions rich in fat; 9 to 12 portions rich in starch; 3 portions rich in sugar; 6 to 8 portions rich in protein; 3 to 4 portions rich in mineral substances.

Table showing approximate amounts of food required to furnish 100 Calories. Many foods might be included in more than one group.

FOODS RICH IN FAT

Suet, 1 teaspoon
Cottonseed oil, 1 teaspoon
Salt pork, cube 1 x 1 x $\frac{1}{4}$ inches.
Lard, 1 teaspoon
Peanut butter, 1 tablespoon
Butterine, 1 tablespoon
Olive oil, 1 tablespoon

Bacon, 2 small slices
Butter, 1 tablespoon
Chocolate, $\frac{1}{2}$ ounce
Walnuts, shelled, 8 halves
Heavy cream, 2 tablespoons.
Ice cream, $2\frac{1}{2}$ tablespoons

FOODS RICH IN STARCH

Cornmeal, 3½ tablespoons	Macaroni, ¼ cup
Rolled oats, 1/3 cup	Bread, 1 thick slice
Flour, ¼ cup	Cornflakes, 1¼ cups
Pearl wheat, 3 tablespoons	Shredded wheat, 1 biscuit
Corn starch, 4 tablespoons	Doughnuts, ¼
Rice, 2 tablespoons	Potato, 1 medium
Boston crackers, 3	Canned corn, 1/3 cup

FOODS RICH IN SUGAR

Granulated sugar, 2 tablespoons	Dates, 4
Molasses, 1 2/3 tablespoons	Maple syrup, 1 2/3 tablespoons
Raisins, 30	Honey, 1 2/3 tablespoons
Homemade jams, 2 tablespoons	Chocolate creams, 2
Homemade marmalade, 2 tablesp'ns	Plain cake, small piece
Prunes, 3 to 5	

FOODS RICH IN PROTEIN

Knox gelatine, 3 tablespoons	Roast beef, 1 small slice
Shelled peanuts, 2 tablespoons	Boiled ham, 1 small slice
Dried peas, 2 tablespoons	Cod or Haddock, 5 ounces
Dried beans, 2 tablespoons	Salt cod, 3 ounces
Cheese 1 ½ inch cube	Eggs, 1 1/3
Milk, 2/3 cup	Chicken, edible portion, 3½ ounces

FOODS RICH IN MINERAL SUBSTANCES AND ORGANIC ACIDS

Potato, 1 medium	Cabbage, 13 ounces
Apple, 1 large	String Beans, 1 quart
Banana, 1 large	Spinach, 2 quarts raw
Orange, 1 large	Grapes, 1 large bunch
Carrots, 2/3 pound	Strawberries, 1 pint
Onions, ½ pound	Lettuce, 3 heads

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EGGS

Cut the high cost of eggs by preserving them in water glass for winter use. Water glass is an inexpensive liquid that closes the pores of the shells. It can be obtained at any drugstore. Use only strictly fresh and clean eggs as dirty eggs will become tainted in flavor. Never wash or clean eggs, as it will remove the protective gelatinous coating. Take one part water glass and 10 parts water; boil water, let cool and add liquid glass. Put in a stone jar and add eggs from time to time. Liquid must more than cover the eggs.

Always wash eggs before breaking shells, the shells may then be used for clearing coffee or soup. When uncooked whites or yolks are left over, put them in a cup, cover with a damp cloth and slip a rubber band around the cup. Left-over poached eggs or soft-cooked eggs may be returned to hot water and cooked until hard, and may then be chopped and used with cold meat or fish dishes.

When soft boiled eggs are left over, reboil them until hard, put yolks and whites separately through a ricer or sieve and use as a garnish for vegetables. Or, on a thin slice of tomato place a little chopped onion and pepper, the yolks and whites to form a star, and place all on a thin, crisp slice of toast. Use this as a relish for first course for luncheon or dinner.

EGGS IN NEST

Cook spaghetti in salted water until tender, keeping it in as long pieces as possible. When ready to serve, coil spaghetti on a platter to form rings or nests, drop a poached egg in centre of nest, and if desired, pour over all a tomato sauce.

GENERAL DIRECTIONS FOR COOKING EGGS

Have ready a saucepan containing boiling water. A general rule is to allow 1 pint of water to 2 eggs, and an extra cupful for each additional egg. Place the eggs in the water with a spoon and cover the saucepan. For hard-cooked eggs, let them stand on the back of the range or over a low flame from 40 to 45 minutes.

SCRAMBLED EGGS

2 tablespoons fat, 5 eggs, $\frac{1}{2}$ cup milk, $1\frac{1}{2}$ teaspoons salt, few grains pepper. Beat eggs slightly; add salt, pepper and milk. Melt the fat in a frying pan, pour in the egg mixture and cook slowly, continually scraping from bottom of pan. When creamy, turn into a hot dish and serve at once. Serve with ham or bacon, etc.

DEVEILED EGGS

Hard boiled eggs, catsup, salad dressing, butter. Halve eggs; remove yolks. Mix yolks with catsup, salad dressing and butter and rub to a paste with a fork. Fill the halves with this mixture; press together and fasten with toothpicks.

OMELET

3 eggs, 1 cup bread crumbs, 1 cup milk. Beat eggs separately, soak bread in milk and egg yolks for ten minutes, add whites and whip. Cover closely and cook slowly. Pepper and salt to taste.—*Mrs. W. W. Carrothers*

POACHED EGGS

Prepare a slice of buttered toast for each egg, and keep it hot. Have ready a shallow greased pan containing boiling, salted water to cover the eggs. Break each egg separately into a saucer and slip it gently into the water, being careful that water does not reach the boiling point. (If eggs are slipped into muffin rings in the water, the shape will be better). Cook until the white is firm and a film forms over the top of the yolk. Remove the eggs from the water with a skimmer or griddle-cake turner. Drain, trim off rough edges and place each egg on a slice of toast.

EGG SUBSTITUTE

In the the winter months when eggs are high, try adding a tablespoon of vinegar with a level teaspoon of soda dissolved in it to your cake batter instead of egg.

SCRAMBLED EGGS

1 egg, 1 tablespoon milk or water, $\frac{1}{2}$ salt spoon salt, few grains of pepper. Beat the eggs slightly and add liquid and seasonings. Pour into a warm buttered pan and cook slowly over water. As the egg coagulates on the bottom and sides of the pan lift it with a spoon. Continue until thickened and creamy but not dry. Serve immediately.



INVALID DISHES

A FEW SUGGESTIONS

In preparing dishes for the sick, it is needful to combine the strongest nourishment with the simplest seasoning, as they require food which will not need to much exertion of the digestive power. Sweetbreads broiled to a nice brown; oysters roasted in the shell, or plainly stewed; clam broth, and even calves' brains, are highly recommended as articles of diet, which will give the most nutritious food in the smallest quantities.

Never set before the sick a large quantity of food; tempt with a very small portion delicately cooked and tastefully served. If not eaten directly, remove from the sick room without delay as no food should be allowed to stand there. Do not give the same food often, as variety is charming. Let all invalid cookery be simple; be careful to remove every particle of fat from broth or beef tea before serving.

VEAL BROTH

1½ pounds veal, 1 dozen sweet almonds, a quart of spring water, a little salt, 1 pint boiling water. Remove all the fat from the veal, and simmer gently in the spring water till it is reduced to a pint; blanch and pound the almonds till they are a smooth paste, then pour over them the boiling water very slowly, stirring all the time till it is as smooth as milk; strain both the almond and veal liquors through a fine sieve and mix well together, and add the salt and boil up again.

BEEF TEA

Cut the beef into very small pieces, and take away all the fat. Put it into a stone jar with a pint of water to each pound of beef; tie a double piece of brown paper over the top, and set the jar in a cool oven for several hours. Strain the beef tea off through a rather coarse strainer, and, while it is hot take off every speck of fat with paper. Should an oven be not obtainable, it will do equally well to place the jar in a large saucepan of boiling water; but it will not do to cook it in a metal saucepan without a jar, because an invalid's palate is very sensitive, and the tea is sure to acquire an unpleasant flavor. Any sort of flavoring may be added to it. A scrap of lemon peel, a clove, a grate of nutmeg, a sprig of any sweet herb, or of parsley, put into the jar before cooking will, any one of them, make a pleasant change.

BEEF TEA CUSTARD

This may be served alone either hot or cold, or a few small pieces can be put in a cup of beef tea, which is thus transferred into a kind of *soupe royale*. Beat up an egg in a cup, add a small pinch of salt and enough strong beef tea to half fill the cup; butter a tiny mold and pour in the mixture. Steam it for 20 minutes, and turn it out in a shape.

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EGG BROTH

An egg, $\frac{1}{2}$ pint of good unflavored veal or mutton broth quite hot, salt, toast. Beat the egg well in a broth basin; when frothy add the broth, salt to taste, and serve with toast.

ARROWROOT JELLY

$\frac{1}{2}$ pint of water, grated nutmeg, and fine sugar, dessertspoonful of arrowroot rubbed smooth in 2 spoonfuls of cold water. This is a very nourishing dish. Put into a saucepan all the ingredients excepting the arrowroot; boil up once, then mix in by degrees the arrowroot; then return the whole into the saucepan; stir and boil it three minutes.

FRENCH PORRIDGE

Some oatmeal, water, milk, toast. Stir the oatmeal and water together, let it stand to be clear, and pour off latter; pour fresh upon it, stir well, let it stand till next day; strain through a fine sieve, and boil the water, adding the milk while so doing. The proportion of water must be small. This is much ordered with toast, for the breakfast of weak persons, abroad.

WATER GRUEL

A large spoonful of oatmeal, water, salt and a little piece of butter. Rub smooth the oatmeal with two spoonfuls of water and pour it into a pint of water boiling on the fire; stir well and boil quickly. In a quarter of an hour strain it off and add the salt and butter when eaten; stir until the butter is thoroughly incorporated.

MILK LEMONADE

Two pounds loaf sugar dissolved in a quart of boiling water, $\frac{1}{2}$ pint of lemon juice, 1 pint new milk (cold). Mix the dissolved sugar, the lemon juice and milk. Stir the whole well and strain ready for use.

APPLE WATER

Some well-flavored apples, 3 or 4 cloves, a strip of lemon peel, boiling water. Slice the apples into a large jug; they need be neither peeled nor cored. Slice the apples into a large jug; they need be neither over. Let it stand a day. It will be drinkable in 12 hours or less.

FRUIT

A dish that I do love to feed upon.

RHUBARB CONSERVE

One cup of rhubarb, cut very fine, 1 orange (pulp and juice), 1 teaspoon of grated yellow rind of orange, 1 teaspoon of lemon juice, $1\frac{1}{2}$ cups of sugar, $\frac{1}{2}$ cup of blanched almonds cut in thin slices. Mix rhubarb, orange, orange rind, lemon juice and sugar; let it stand in warm place until sugar is dissolved; then boil rapidly until transparent. Add almonds; boil up just once. Put into glasses or jars.

STRAWBERRY MARMALADE

Five cups of rhubarb, cut small without being peeled, 1 quart of strawberries, 5 cups of sugar. Mix ingredients without water; cook slowly until thick.

STRAWBERRY AND PINEAPPLE JAM

Two cups of strawberries, 1 cup of fresh pineapple, chopped fine, 3 cups of sugar. Cook 20 to 25 minutes over good fire, stirring constantly.

CRANBERRY HINT

When cooking cranberries add a thin slice of apple to each pint of cranberries. This will take the bitterness away without interfering with the tartness.

CRANBERRY APPLE SAUCE

One cup of ground apples, 1 cup of sugar, 1 cup of chopped cranberries. Mix well. Serve uncooked, with meats.

PEACH CONSERVE

One dozen peaches, $\frac{1}{2}$ dozen oranges, rind grated and pulp sliced, $3\frac{1}{2}$ pounds of granulated sugar, $\frac{1}{2}$ pound of chopped almonds, 1 pint of water. Mix ingredients and boil about 25 minutes.

WINTER MARMALADE

$\frac{1}{2}$ pound of dried apricots, 3 oranges, 1 lemon, 3 pints of water, 1 pound of sugar. Chop apricots a little and soak over night. Cut oranges and lemons very thin and pour over them 3 pints of water. Let stand over night. In the morning cook oranges and lemon until tender. Add the apricots and cook half an hour. Add sugar and cook until mixture has thickened a little.

PINEAPPLE MARMALADE

One pineapple, 1 orange, 1 lemon, 1 grapefruit. Put all through meat chopper, but the skin of grapefruit and pineapple. Add 2 cups of water to 1 of fruit. Let stand for 24 hours and then boil for $1\frac{1}{2}$ hours, then add 1 cup of sugar to 1 of fruit.—*Mabel Tedball.*

ORANGE AND LEMON MARMALADE

Four pints water, 5 oranges, 1 lemon, grated down entirely by suet grater (the process only takes about 10 minutes), remove pips, soak them with water ($\frac{1}{2}$ pint). Cover the oranges with the water (4 pints) and let stand for 24 hours. Boil together for 1 hour taking care to keep the same amount of liquid in the pan. Let this cool, add 6 pounds loaf sugar and boil for $\frac{3}{4}$ hour.—*Mrs. F. Bell.*

RHUBARB AND PINEAPPLE

One pineapple, 2 cups rhubarb, 2 cups water, 1 cup (or more) sugar. This makes 3 pints.

PEACH MARMALADE

Peel two oranges at night. Soak skins in water over night. Slice 3 oranges, juice 1 lemon, 22 ripe peaches peeled and sliced thin; chop or grind skins of 2 oranges that have been soaked; put all together and add 1 cup granulated sugar to 1 cup mixture. Boil 45 minutes. Keep stirred so as not to burn.—*Mrs. Jos. Easton.*

GRAPE CONSERVE

Five pounds grapes, 5 pounds sugar, 1 pound seeded raisins, 2 oranges, 1 cup English walnut meats. Wash and pulp grapes, cook pulp and rub through a fine colander to remove seeds. Combine with skins. Add raisins, grated rind and juice of oranges and bring to the boiling point. Add sugar and cook twenty minutes. Add broken nuts and cook ten minutes longer. Pour into jelly glasses and cover with paraffine when cold.—*Mrs. Margaret Barr.*

PEAR MARMALADE

Eight pounds of pears, 1 pound preserved ginger, 4 large or 5 small lemons. Put pears through the food mincer after they have been peeled and cored. Put into kettle with 6 pounds sugar. Add ginger after putting through mincer, grated lemons and juice. Boil about 4 hours. Watch closely.

GRAPEFRUIT MARMALADE

Two grapefruit, 3 lemons, 10 lbs. sugar. Slice fruit thin, remove all seeds. To every pint of pulp and juice add 1 pint of water; let stand 24 hours, then put on and boil quickly for $\frac{1}{2}$ hour. Let stand 24 hours again, then add sugar and boil slowly, then bottle.—*Mrs. A. Nichols.*

PEACH CONSERVE

Four cups thinly sliced peaches, 4 cups sugar, 3 oranges, 1 pound seeded raisins, 1 cup English walnuts. Squeeze the juice from oranges and cut the rind into strips; cook peaches and orange rind until tender in water to prevent burning. Add orange juice and sugar and boil until thick. Stir in raisins and nuts and cook five minutes. Pour into sterilized jelly glasses and cover with paraffine when cold.—*Mrs. G. E. Parkinson.*

PEACHES AND PEARS, CHERRIES AND PLUMS

After they are pulled, can be done the same way as raspberries, only cook from 5 to 10 minutes.

CANNED RASPBERRIES (COOKED)

Select fresh picked berries firm and ripe, pack in hot sterilized jars, pour over hot syrup made of 1 cup sugar, $\frac{3}{4}$ cup water, place rubber and cover in position but do not seal tight. Place in boiler and bring to boiling point, remove, seal and wrap in paper.

RED CURRANTS AND BLACK CURRANTS

Require more sugar. Boil water and sugar equal quantities for 15 minutes. Add currants and boil 3 minutes. Place in sterilized jars and seal.

STRAWBERRIES

Select fresh picked, rinse carefully in cold water to remove sand, drain well, pack in hot jars, place rubber and cover on place in position. Pour over syrup made of 1 cup sugar and $\frac{1}{4}$ cup water. Place in boiler and cook 5 minutes. Remove and seal. When cool wrap in paper.

GRAPE PRESERVE

Wash and pick grapes off stems, separate skins and pulp, put pulp through sieve to remove seeds, add skins and boil together for $\frac{1}{2}$ hour, adding $\frac{3}{4}$ pound sugar to 1 pound fruit. Place in sterilized jars and seal.

PRESERVED CITRON

Peel citron and remove seeds, cut in inch pieces and leave in dish over night. In the morning add sliced lemons, place on stove, heat slowly and add equal parts of sugar. Boil slowly for 40 minutes, then rapidly for 15 minutes. The citron will be quite clear and the syrup like jelly. No water is necessary as the citron contains enough. Place in sterilized jars and seal.



BEVERAGES

*And while the bubbling and loud hissing urn
Throws up a steaming column and the cups
That cheer but not inebriate wait on each.*—COWPER.

COFFEE

For 6 cups allow 6 heaping teaspoons coffee and one for the pot, a pinch of salt, about 2 teaspoons of egg. Add $\frac{1}{2}$ cup cold water and shake the pot well. Place on hot stove and when it boils add the desired amount of hot water. Let it stand on back of stove 10 minutes and serve.

TEA

Warm the teapot; put in a teaspoon of tea for every 2 cups. Pour on freshly boiled water and allow to infuse 5 minutes. Pour the liquor off the leaves into another teapot and serve.

COCOA

One-third cup boiling water, $\frac{1}{2}$ cup milk, 1 teaspoon cocoa, 1 teaspoon sugar. Mix sugar and cocoa, stir in the boiling water, cover and boil gently for 5 minutes.

COFFEE FOR 100 PERSONS

8 cups ground coffee, 18 quarts of water. Tie the coffee in thick cheesecloth bags, leaving plenty of room for coffee to swell. Let stand in the water several hours. Bring slowly to boiling point and boil 5 minutes. Remove the bags and keep coffee hot for serving.

COCOA FOR 100 PERSONS

Three cups cocoa, 4 cups sugar, $\frac{1}{2}$ teaspoon salt, 1 quart warm water, 2 quarts boiling water, 16 quarts hot milk. Mix cocoa, sugar, salt and warm water together until smooth. Add boiling water and boil 10 minutes. Pour into the hot milk, bring to boiling point, stirring constantly, and beat with an egg beater for a few minutes. Keep hot over boiling water. Serve with whipped cream.

COOL DRINK FOR HOT WEATHER

To juice of 12 lemons add the rind of six. Let stand over night. Then take 6 pounds white sugar and boil with enough water to make a thick syrup. When cool strain the lemon juice into it and squeeze as much of the oil from the grated rind as will suit the taste. A tablespoon of this mixture in a glass of iced water makes a delicious drink and will keep for an indefinite time.

RASPBERRY OR BLACK CURRANT VINEGAR

Crush and cover raspberries or currants with vinegar and let it stand over night. In the morning squeeze out juice. Add more fruit and let stand over night again. For every pint of juice add 1 pint of sugar. Boil 10 minutes and bottle.

GRAPE JUICE

Twenty pounds grapes, 6 pounds sugar. Wash and pick grapes from stems. Mash them and heat slowly until juice and seeds separate. Strain through a collander, then through a bag. Add sugar and heat to scalding point. Bottle while hot.

FRUIT PUNCH

One cup orange juice, $\frac{1}{2}$ cup lemon juice, $\frac{1}{2}$ tablespoon grated lemon rind, $\frac{1}{2}$ tablespoon grated orange rind, $\frac{3}{4}$ to 1 cup sugar, 1 quart boiling water. Boil sugar, water and fruit rind 5 minutes. Cool; add fruit juices; strain and chill. Dilute with chopped ice and ice water or carbonated water.

VARIATIONS

1 Add 2 cups fruit juice—raspberry, strawberry, cherry, grape or pineapple.

2 Add 1 cup strong tea and $\frac{1}{4}$ cup maraschino cherries finely cut.

3 Add 1 quart ginger ale, or 1 pint ginger ale and 1 pint grape or other fruit juice.

PERCOLATED COFFEE

To $1\frac{1}{2}$ pounds ground coffee add few grains salt and 1 cup boiling water. Scald percolator; put in coffee and salt. Add boiling water; percolate 5 to 8 minutes. Serve.

LEMONADE

$1\frac{1}{2}$ cups sugar, 1 cup water, rind of 1 lemon (thin shavings) juice of 6 lemons. Make syrup of water, sugar and lemon rind. Boil 5 minutes, cool; add lemon juice, strain; dilute to taste with cold water—about 2 tablespoons syrup to 1 glass.

ORANGEADE

Rind of $\frac{1}{2}$ sour orange, 1 cup boiling water, 2 tablespoons sugar, juice of 1 orange, 2 tablespoons lemon juice. Pour boiling water over orange rind, very thinly shaved. Add sugar, cool. Add fruit juices, strain, chill and serve.

RASPBERRY ACID

In 4 pints water dissolve 3 ounces tartaric acid; pour it over 4 quarts raspberries and let stand 24 hours. Strain without pressing and to each pint of juice add $1\frac{1}{2}$ pounds sugar. Stir till it dissolves. Let stand 48 hours; bottle and seal. To use, put a little into water.

ICED TEA

Four teaspoons tea, 2 cups water. Make tea. When infused, strain from leaves. Sweeten if desired. Pour into glasses one-third full of chipped ice. Serve with a slice of lemon.—*Rose Bull.*

CREAM SODA

Boil together for 3 or 4 minutes, $1\frac{1}{2}$ quarts water, $4\frac{1}{2}$ cups sugar, the juice of 1 lemon and 2 ounces tartaric acid. When cold add the well-beaten whites of 3 eggs, 2 tablespoons Daisy flour blended in $\frac{1}{2}$ cup water; flavor to taste; bottle and keep cool. To use, put 2 tablespoons in $\frac{3}{4}$ tumbler of water; add a saltspoon of soda and drink when it effervesces.

BALANCED MENUS

Before "Balanced" menus can mean anything to the housekeeper, it is necessary that she have some knowledge of the the relation of food to life.

The primary functions of food are tissue building; heat-giving and energy-producing and foods are classified according to the functions they perform in the body.

Tissue-building foods are mostly known as nitrogenous foods or proteids.

Heat-producing foods are mostly fats and oils. Energy-producing foods are mostly carbohydrates (starches and sugars).

Fortunately all of these inter act so that a temporary lack of any one may be made good by another with one exception—the tissue-building foods which can be supplied only by the nitrogenous compounds.

A normal diet consists of all these food elements. It is impossible to have a fixed standard of diet because diet is influenced by so many things—climate and occupation, age and condition of health. The young growing child requires more tissue-building food. The adult requires more energy-producing food. Roughly speaking, the proportion which should exist is about one part tissue-building food to five and one-half parts heat and energy-producing food. It is not necessary that *each* meal should be balanced but each day's dietary should approach this proportion.

Food is not necessarily nutritious according to its cost. Plant proteid may take the place of animal proteid. To illustrate, cheese dishes may often be substituted for the very expensive tissue-building food, meat. Baked beans are much cheaper and contain a relatively large proportion of proteid.

A rough summing-up of the common foods according to their work in the body may be the best aid to understanding the following menus:

Tissue-building Foods:

Animal: meat, game, fish, milk, eggs, etc.

Vegetables: peas, beans, pulses, especially when dried.

Fuel Foods:

Animal: fat of meat, milk, eggs, etc.

Plant: oils, olive oil, cottonseed oil, etc.

Energy-producing Foods:

Carbohydrates: starches and sugars.

Acid and Salt Supplying Foods:

Fruit and vegetables.

The following menus are arranged with the idea of economy and to meet the requirements of a family in moderate circumstances.

1

BREAKFAST

Oranges
Cream of Wheat
Eggs in Shell
Toast
Coffee

DINNER

Stock Tomato Soup
Roast of Beef
Baked Potatoes Peas
Lemon Jelly

SUPPER

Lettuce and Cress Salad
Bread and Butter
Canned Fruit
Sponge Cake
Tea

3

BREAKFAST

Rolled Oats, Cream
Muffins
Maple Syrup
Coffee

DINNER

Boiled White Fish
Creamed Potatoes
String Beans
Apple Pie

SUPPER

Welsh Rarebit
Bread and Butter
Sliced Oranges
Cookies
Cocoa

2

BREAKFAST

Grape Fruit
Bacon and Eggs
Toast
Coffee

DINNER

Cream of Pea Soup
Shepherd's Pie
Creamed Cabbage
Chocolate Corn Starch
Mold

SUPPER

Waldorf Salad
Baking Powder Biscuit
Honey
Chocolate Cake
Tea

4

BREAKFAST

Bananas
Fish Balls
Bread and Butter
Marmalade
Coffee

DINNER

Macaroni and Cheese
with Tomato Sauce
Baked Creamed Potatoes
Spanish Cream

SUPPER

Cream of Tomato Soup
Lettuce Salad
Bread and Butter
Stewed Rhubarb
Nut Bread
Tea

CANDIES

I can teach sugar to slip down your throat a million ways.

STUFFED DATES

These are always a good addition to a Christmas candy box. Stuff them with nuts, prunes, orange marmalade or fandant.

MAPLE COCOANUT CREAMS

One can of cocoanut (southern style), 1 pound of powdered sugar, 1 cup of cream, 1 cup of maple syrup. Boil together sugar, syrup and cream until it forms a soft ball in cold water. Let stand until cool. Then beat and gradually add cocoanut and cut up marshmallows (if desired). Beat until candy becomes creamy and too thick to stir. Either pour on buttered pan or with a teaspoon drop pieces on oiled paper or buttered platter.

FRENCH DAINITIES

Four level teaspoonfuls Knox acidulated gelatine, 4 cups granulated sugar, $1\frac{1}{2}$ cups boiling water, 1 cup cold water. Soak gelatine in cold water ten minutes. Place sugar and boiling water on fire and when sugar is dissolved add the soaked gelatine and boil slowly 15 minutes. Remove from fire and divide into two equal parts. To the one part add $\frac{1}{2}$ teaspoonful of the lemon flavoring found in separate envelope and 2 teaspoonfuls lemon extract. To the other part add $\frac{1}{4}$ teaspoon lemon flavoring and 1 teaspoon extract of cinnamon, cloves or whatever flavor preferred. If peppermint is desired use $\frac{1}{2}$ teaspoonful only. Any coloring desired may be added. Pour into bread tins, which have been dipped in cold water, to the depth of $\frac{3}{4}$ inch and let stand over night. Turn out, cut in squares and roll in powdered or fine granulated sugar.

CHOCOLATE FUDGE

One tablespoon butter, 1 cup milk, $\frac{1}{4}$ cup chocolate, 2 cups white sugar. Melt 1 tablespoon butter, add $\frac{1}{4}$ cup grated unsweetened chocolate; stir until melted, then add 1 cup of milk and 2 cups granulated sugar. Boil till it forms a soft ball in cold water, then take from fire and beat till it begins to thicken. Pour into a buttered dish and cut into squares.

PEANUT DAINITIES

One envelope Knox sparkling gelatine, $\frac{1}{2}$ cup cold water, 2 cups light brown sugar, $\frac{3}{4}$ cup boiling water, 2 cups chopped roasted peanuts, 1 tablespoonful lemon juice. Soak gelatine in cold water 10 minutes. Put sugar and boiling water in saucepan, and when sugar is dissolved add gelatine, bring to the boiling point and let boil 15 minutes. Remove from range and add 1 cup peanuts and 1 tablespoonful lemon juice, or $\frac{1}{2}$ teaspoonful of the lemon flavoring found in the acidulated package, soaked in 1 tablespoonful cold water. Turn into pan, first dipped in cold water, having mixture $\frac{3}{4}$ inch in depth. Let stand over night, cut in squares and roll in ground peanuts.

MARSHMALLOWS

One envelope Knox sparkling gelatine, $1\frac{1}{4}$ cups water, 2 cups fine granulated sugar, few grains salt, 1 teaspoon vanilla. Soak gelatine in $\frac{1}{2}$ cup cold water 5 minutes. Put $\frac{3}{4}$ cup water and sugar in saucepan, bring to the boiling point and let it boil until syrup will spin a thread when dropped from tip of spoon. Add soaked gelatine and let stand until partially cooled; then add salt and flavoring. Beat until mixture becomes white and thick. Pour into granite pans, thickly dusted with powdered sugar, having mixture one inch in depth. Let stand in a cool place until thoroughly chilled. Turn on a board, cut in cubes and roll in powdered sugar. Nuts, chocolate, fruit juices in place of part of the water, or candied fruits chopped may be added—or the plain ones rolled in grated cocoanut before being sugared. Dates stuffed with this confection are delicious.

CHRISTMAS CANDY SUPREME

$\frac{1}{2}$ envelope Knox sparkling gelatine, 2 squares chocolate, 3 cups sugar, 1 cup sour cream, $\frac{1}{2}$ cup Sultana raisins, $\frac{1}{2}$ cup candied cherries, $\frac{1}{4}$ cup chopped English walnut meats, $\frac{1}{4}$ teaspoonful cinnamon. Soak gelatine in two tablespoonfuls cold water 10 minutes. Melt chocolate in saucepan placed in large saucepan containing boiling water. Add sugar and sour cream alternately, while stirring constantly. Bring to the boiling point and let boil until the mixture will form a soft ball when tried in cold water. Remove from fire, add gelatine, and when it has dissolved add cinnamon and raisins, cherries cut in small pieces, and nut meats. Beat until creamy and turn into buttered tins, having the mixture about $1\frac{1}{4}$ inches deep. Cool, remove from pan and cut in slices for serving. The mixture may be put in individual tins, and when unmolding insert in top of each a sprig of holly. Omit fruit in this recipe and you have Somerville fudge.

MARSHMALLOWS

Two cups of sugar and 1 cup of water; boil together until the mixture is brittle when dropped into cold water. Dissolve 2 tablespoons Knox sparkling gelatine in 6 tablespoons cold water. When the syrup is done pour it over the gelatine and beat for 20 minutes. Powder a deep cake pan with 3 teaspoons powdered sugar and 1 of cornstarch, and let the candy stand in the powdered pan for a day or night. Then cut into squares and roll in more sugar and cornstarch.

MEXICAN CANDY

$2\frac{1}{2}$ cups granulated sugar, $\frac{1}{2}$ cup golden syrup, $\frac{1}{2}$ cup water, 2 egg whites, $\frac{1}{2}$ teaspoon Sweetheart vanilla, $\frac{1}{2}$ cup chopped walnuts. Boil sugar, syrup and water for 4 minutes. Beat egg white until stiff. When syrup has boiled 4 minutes remove $\frac{1}{2}$ cup of it and beat into beaten egg white; boil remaining syrup to soft ball stage. Pour into beaten egg white gradually and beat until foamy. Add flavoring and nuts, and pour into greased pan.

DIVINITY FUDGE

Three cups white sugar, $\frac{1}{2}$ cup corn syrup, 1 cup water and a little salt. Boil until hardens in water (soft). Beat whites of two eggs and mix with the above.—*Mrs. F. Taylor.*

DOUBLE FUDGE

Bottom.—Two cups granulated sugar, $\frac{1}{2}$ cup cream, two squares of chocolate, 1 tablespoon butter. Boil 7 minutes, then beat and spread in buttered tin to cool.

Top.—Two cups brown sugar, $\frac{1}{2}$ cup cream, 1 teaspoon Sweetheart vanilla, 1 cup walnuts, chopped fine, butter size of walnut. Boil 10 minutes then beat and pour on top of fudge.

MEXICAN KISSES

Boil 3 cups of light brown sugar and 1 cup of milk together until it threads, then add a teaspoon of butter. Take from the fire, flavor with Sweetheart vanilla and add one cup of broken nut meats. Pour into a greased pan, and cut out in squares when it hardens.

BUTTER SCOTCH

Three cups of white sugar, $\frac{1}{2}$ cup water, $\frac{1}{2}$ cup vinegar or $\frac{1}{2}$ teaspoon Sweetheart cream of tartar, 1 tablespoon butter, 8 drops Sweetheart extract of lemon. Boil without stirring until it will snap and break. Just before taking from the fire add $\frac{1}{4}$ teaspoon soda. Pour into well-buttered biscuit tins to a depth of $\frac{1}{4}$ inch. Mark off into inch squares when partly cold.

SEA FOAM

One pound dark brown sugar and 1 cup cold water; boil together until it spins a heavy thread. Remove from stove, add $\frac{1}{2}$ teaspoon Sweetheart vanilla, and beat until it is soft and creamy. Then drop from a spoon in large irregular mounds, shaped like a large cream chocolate.

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TABLE HINTS

SUGGESTED MENUS

BREAKFAST

*"Dinner may be pleasing,
So may social tea;
But yet methinks the breakfast
Is best of all the three."*—ANON.

Cereal	Fruit Bacon and Eggs	Hashed Brown Potatoes
	or Sweetbreads and Bacon	
Graham Gems	Toast	Marmalade or Jam
	Coffee	

LUNCHEON

"'Tis a great point in a gallery how you hang your pictures, and not less in society how you seat your party."

	Cream of Tomato Soup in Cups	
	Salmon Croquettes, Tartare Sauce	
Fried Chicken	Potato Puff	French Peas
	Pimento Salad	Cheese Straws
	Marshmallow Cream	Cake
Fruit	Preserved Ginger	Bon Bons
	Coffee	

DINNER

"This night he makes a supper, and a great one, to many lords and ladies."
—HENRY VIII.

	Grape Fruit	
	Bean Soup	
	Steamed Halibut, Oyster Sauce	
Roast Turkey	Potato Croquettes	Creamed Celery
	Cranberry Jelly	Pickled Peaches
	Banana Salad	
	Angelica Pudding	
Fruit	Nuts	Raisins
	Coffee	

SANDWICHES

Variety is the spice of life.

RUSSIAN SANDWICHES

Cut bread in $\frac{1}{4}$ inch slices, and shape with a fancy cutter. Place one or two small crisp lettuce leaves on one-half the pieces, spread with Russian dressing, cover with remaining pieces of bread, and garnish top of each with one-half pecan nut meat. Arrange on a sandwich plate, covered with a doily, radiating from centre. Garnish at centre with a few crisp lettuce leaves, to represent a flower, and sprigs of parsley.

RUSSIAN DRESSING

$\frac{1}{2}$ teaspoon Knox sparkling gelatine, $\frac{3}{4}$ cup mayonnaise dressing, 3 tablespoonfuls chili sauce, 2 tablespoonfuls pimientos cut in small pieces, 1 tablespoonful tarragon vinegar, 1 teaspoonful chives, cut in very small pieces, 2 teaspoonfuls cold water. Mix first five ingredients and fold in gelatine, soaked in cold water five minutes, dissolved by placing over hot water and chill. This dressing may also be used as a salad to serve on lettuce leaves.

LOG CABIN SANDWICHES

Butter slices of dark brown bread. Place together as sandwiches. Cut sandwiches in strips. Pile strips on plate criss-cross in form of logs and serve with salad.

RIBBON SANDWICHES

To make your entertainments unusual try some of these dainty sandwiches.

One loaf sandwich bread, 2 packages of cream cheese, 1 can of pimientos chopped fine, 1 sweet green pepper, chopped fine, cream or salad dressing to thin. Remove all crust from bread. Cut loaf into five slices lengthwise. Mix one package of cheese with pimientos and thin with cream; mix one package of cheese with green pepper and thin with cream. Spread bread with mixtures, alternating the pimiento-cheese with the pepper-cheese to give the ribbon effect, and press together. Slice bread across in usual way when ready to serve.

MOCK CRAB PASTE

Take 2 ounces of soft cheese, 1 tablespoon cream, a few drops of vinegar, a pinch of dry mustard, pepper and salt. Mash the cheese in the cream, then when soft add the other ingredients. This paste should be made just before it is required.

NUT PASTE

Take some shelled walnuts, blanched almonds, two or three figs and some stoned raisins. Put these through a mincer. The pulp of the figs will make sufficient moisture to mix into the paste. Mix well together (if liked, a teaspoon cream can be added) and spread on slices of bread and butter.

RAISIN SANDWICHES

$\frac{1}{2}$ cup finely chopped stoned raisins, 1 small cream cheese, thinly-sliced brown bread and butter. After chopping the raisins, mix them together with cheese. Cut slices of thin bread and butter, spread with the cheese, put together and cut into triangles and rounds.

RIBBON SANDWICHES

Three or four layers of buttered bread. Spread first layer with cream cheese and green peppers; second layer with red currant jelly, slice of brown bread in centre.

RIBBON SANDWICHES

First layer filled with chopped meat or chicken; second layer with lettuce and mayonnaise; third layer with nuts and olives; fourth layer with pimento and cheese; fifth layer with peanut butter. Press slices together for 15 minutes. Slice down.

ROLLED SANDWICHES

Cut the bread very thin and remove the crusts. Place a leaf of lettuce on each slice and in the centre a small quantity of the following filling: Cream cheese, chopped walnuts, celery chopped very fine, olives chopped, mayonnaise dressing. Mix these all together. Only a very small quantity of celery is required. Roll the slice of bread either from one corner or side and hold together with wooden toothpicks.

SANDWICH FILLINGS

1. Cheese, pimento and hard-boiled eggs moistened with mayonnaise.
2. Baked beans put through sieve with tomato catsup, horseradish and chopped parsley.
3. Cream cheese, chopped olives and salad dressing.
4. Tomato sliced thin, a very little salad dressing. You may use lettuce leaf.
5. $\frac{3}{4}$ cup of chopped dates, $\frac{1}{2}$ cup chopped nuts and small package of cream cheese. Add a little lemon juice.

Crackers. 1 package of cream cheese, 4 tablespoons of honey, 2 tablespoons of lemon juice. Spread on crackers and sprinkle with nuts.

TABLE ETIQUETTE THAT MARKS THE WELL-MANNERED PERSON

The well-mannered person will leave the dishes in their regular order when the meal is finished, with the knife and fork placed across the plate, and will *never* pile them up on the dinner plate. The maid or hostess will remove them without this uncalled for assistance.

Hints on Serving

*"Crowd not your table; let your number be
Not more than seven, and never less than three."*

SERVING FORMAL MEALS

Meals are served, with the help of attendants, by the host and hostess from the table, or entirely by attendants, from the side table and pantry. Often certain dishes of a meal are served from the table and the rest "from the side." But whether the dishes be served from the table or the pantry, the three important things to remember are:

1. Food should always be set down before the guests from the right.
2. When a dish is presented from which a guest is to help himself, it should be passed to his left.
3. When a course is finished, remove the plates from the left. Most of the minor particulars of serving depend entirely upon the number of assistants in attendance.

LAYING THE TABLE

The question of laundering of table linens has engrossed so many housekeepers for the last few years that certain modifications in the use of table linen have arisen.

A whole cloth now need only be used at dinner. For breakfast, runners or a luncheon cloth may be used. For luncheon, either runners, luncheon cloth or doilies and centrepiece are correct.

The runners are really only suitable where four people are to be served. They are two straight pieces of linen or linen crash which cross each other and hang from the edge of the table about 18 inches. The ends may be hemstitched or scalloped.

For breakfast or luncheon a small tea napkin may be used, which further lessens laundry labor.

The correct way of setting the table for the family breakfast is as follows:

Place a service plate for each person. At the right, place a knife, and at the right of the knife place the spoons which may be required for the breakfast planned. At the left, place a fork, and at the left of the fork, a napkin. Have the tines of the fork and the bowls of the spoons turned upward. The cutting edge of the knife should always be turned toward the plate. Lay the bread and butter plate at the top of the fork. The butter spreader should be placed across the right hand upper side of the butter plate. Place the coffee pot on a tile at the hostess' right, and arrange the accompanying hot water pot, sugar bowl and creamer in a half circle before her with the cups and saucers inside. Be sure that the teaspoon is on the right hand side of the saucer, the spoon parallel to the handle of the cup. Salt and pepper should be placed at intervals around the table. The fruit is placed before each person; the glasses filled and the butter put on the bread and butter plates before calling the family to breakfast.

If a cereal is served, place saucers and cereal dish before the hostess.

When finished, remove and follow with the main course which is served by the host.

In serving a dinner the following method will be found simplest: Lay the silence cloth, the table cloth, the centrepiece and the decoration, and follow the general directions given above for setting a breakfast table. It should be remembered that it is customary to lay a table so that the silver is placed before each person in the order in which it will be needed. Care should be used that everything is in readiness before the meal is announced. If a maid serves, the following general rules should be observed:

The butter, water, bread and relishes are served from a side table. All dishes are passed to the left side. All beverages are served or placed from the right. The waitress always removes a plate by taking it from the left side in her left hand, and if replacing another plate, puts the fresh one down with her right hand. All crumbs should be removed from the table just before dessert is served and also the salts and peppers should be removed at this time, placing them on a small serving tray. Never put one plate on another when removing plates.

Use a folded napkin in the hand under all dishes served which contain food. Use a tray only when passing or removing more than one article.

A luncheon table is a bit more formal than the breakfast. Bread and butter plates are used, and are placed with the napkins at the left. The knives are arranged to the right of the plate, with blades turned in, in the same rotation as at dinner.

In seating one's guests, there is one inflexible rule; the most important lady, either by reason of her position or age, is placed at the right of the host, the next in importance is seated at his left. In the same way the most important gentleman is placed at the right of the hostess, the one ranking second taking the place at her left. Other guests may be disposed of according to the inclination of the hostess, who must use tact in getting people near each other who will be congenial, otherwise her dinner will be a failure.

Sunday night supper tables are laid very simply. The hostess serves the tea or coffee from the tray placed before her. The cold meat or chicken is placed before the host, who serves it informally. Butter and salad are passed.

At the right of each plate should be placed a tea knife, a dessert knife and a teaspoon, the latter being farthest from the plate; at the left nearest the plate is a dessert fork, next to which is a meat and sardine fork, if sardines are used.

Cookery Hints

"Unquiet Meals Make Ill Digestion"—Comedy of Errors.

In making cake, if the oven gets too hot, set a pan of cold water in it.

A glass of vinegar put into the water in which salt fish is soaking will draw out most of the salt.

Rub the broiler lightly with a clove of garlic before putting in a steak to broil. Rub the pan in the same way if the steak is to be pan-broiled.

Fish may be scaled more quickly if dipped in boiling water for a moment.

A well-beaten white of egg added to mashed potatoes, whipping the potato hard before serving, will add to the looks and taste of the dish.

Do not wash meats in water—wipe them with a wet cloth.

The whites of eggs will whip more readily if a pinch of salt is added to them. If the eggs are placed in cold water for a time before being broken, they will whip easily.

To prevent milk or cream from curdling when used in combination with tomato, add a bit of bicarbonate of soda before they are mixed.

A small quantity of bicarbonate of soda, stirred into milk or cream, will keep it from souring in hot weather.

In mixing liquids with solids, add the liquid to the solid by degrees. They will blend more readily.

Slices of lemon, skin and all, eaten with sugar or salt, will kill the odor of onions on the breath.

An egg, well beaten, added to rhubarb pies, will thicken the rhubarb and improve the taste.

To preserve the color of green vegetables, put them on to cook in boiling water with a pinch of soda, or keep the cover off the kettle while boiling them.

If a vegetable or cereal burns, plunge the vessel containing the burned mass into cold water and allow it to remain for a few minutes before pouring the contents into another pan. This will do away almost entirely with the burned taste which is so disagreeable.

If you use too much salt by mistake, add a trifle of sugar or of vinegar, according to the dish. This will counteract the salty taste.

If potatoes are boiled in salted water for ten minutes, then put into the oven, they will bake more quickly. The boiling water will heat them through more rapidly than if they were placed cold in the oven.

Always cook vegetables grown above the ground in salted water, those which grow beneath the surface in fresh water.

If salt is put in the flour before it is wet, lumps will be avoided in mixing the batter.

On cold winter nights bread is likely to refuse to rise. Spread newspapers in a large pan. Put the bread sponge in a large bowl and set it in the pan, covering it with newspapers. Then set the whole thing in a

closed cupboard. The bread will be as light in the morning as in hot weather.

Cream that is too thin to whip may be made to do so by adding the unbeaten white of an egg before beginning to whip it.

Fruit cake recipes usually call for dried currants. These are hard and lack flavor. Try using an equal measure of chopped prunes. They hold moisture and impart a delicious flavor to the cake.

GOOD TO KNOW

2 teaspoonfuls	equal 1 dessertspoonful
2 tablespoonfuls	equal 1 ounce
16 tablespoonfuls	equal 1 cupful
2 cupfuls	equal 1 pint
1 pint	equals 1 pound
16 ounces	equal 1 pound
1 ordinary tumblerful	equals 1 cupful

Pure air and good ventilation are just as necessary in the kitchen as about the house. Keep the kitchen well ventilated. Doctor's bills are saved by plenty of sunlight and pure air.

RULES FOR THE KITCHEN

Without cleanliness and punctuality good cooking is impossible.

Leave nothing dirty—clean and clear as you go.

A time for everything and everything in time.

A good cook wastes nothing.

An hour lost in the morning has to be run after all day.

Strong fire for roasting.

Clear fire for broiling.

Wash vegetables in three waters.

Boil fish quickly; meat slowly.

MEASURING HINTS

A cupful of liquid means all the cup will hold.

A spoonful of liquid is all the spoon will hold.

Salt, flour, seasoning, spices, butter and all solids are measured level.

To measure a level spoonful, dip the spoon into the dry material, taking up a heaping spoonful, then level it off even with the edge of the spoon with a knife.

To measure a part of a spoonful, cut lengthwise of the spoon for the half, and crosswise for the quarter.

A tablespoonful of butter melted should be measured after being melted.

Measure a cupful of whipped cream after it is whipped.

Always sift flour, salt, baking-powder, spices, powdered sugar and soda before measuring. If measured in a solid state, before sifting, much more than the quantity called for will be used.

MIXING HINTS

When the recipe says to "stir" a mixture, it means to stir it round and round, blending the materials and gradually increasing the circle.

"Beating" means to mix over and over. Always let the bowl of the spoon touch the bottom of the mixing bowl and carry the mixture across to the opposite. Repeat this until all of the air-cells possible have been incorporated with the mass.

"Folding" or "cutting" means to turn the mixture over, cut down, and lift up, folding the mass so as to just blend the materials but not to break the air-cells.

TABLE OF COMPARATIVE PROPORTIONS

- 1 cup flour = $\frac{1}{4}$ lb.
- 1 cup liquid = $\frac{1}{2}$ pint.
- 1 cup solid butter = $\frac{1}{2}$ lb.
- 1 cup granulated sugar = $\frac{1}{2}$ lb.
- 1 cup pulverized sugar = $\frac{1}{2}$ lb.
- $\frac{1}{4}$ cups powdered sugar = $\frac{1}{2}$ lb.
- 1 cup meal = $\frac{1}{2}$ lb.
- 4 tablespoonfuls of liquids = $\frac{1}{4}$ cup.
- 1 wineglass = $\frac{1}{2}$ gill.
- 1 cup liquid = 1 gill.
- 1 pint of milk or water = 1 lb.
- 1 heaping tablespoonful butter = $\frac{1}{4}$ cup = 2 ozs.
- 1 rounded tablespoonful butter = 1 oz.
- Butter size of an egg = 2 ozs. = $\frac{1}{4}$ cup.
- 1 tablespoonful liquid = $\frac{1}{2}$ oz.
- 8 teaspoonfuls liquid = 1 oz.
- 9 large eggs or 10 medium-sized ones = 1 lb.
- 1 heaping tablespoonful sugar = 1 oz.
- 2 rounded tablespoonfuls flour = 1 oz.
- 2 rounded tablespoonfuls coffee = 1 oz.
- 12 tablespoonfuls dry material = 1 cupful.

Cooking Time Table

BOILING

Eggs, soft — 2 to 4 minutes.
Eggs, medium — 3 to 6 minutes.
Eggs, hard — half an hour.
Rice, in double boiler — 1 hour.
Rice, in boiling water — 20 minutes.
Hominy, 2 to 4 hours.
Corn meal in double boiler — 4 hours.
Green corn — 10 minutes.
Asparagus — 20 to 40 minutes.
Spinach — 15 to 30 minutes.
Chicken — 2 hours, simmering.
Corned beef — 5 or 6 hours, simmering.
Ham, medium size — 5 hours.
Tongue, smoked — 4 hours.
Codfish, 6 minutes for each pound.
Salmon, 15 minutes for each pound.
Halibut, 15 minutes for each pound.

BROILING

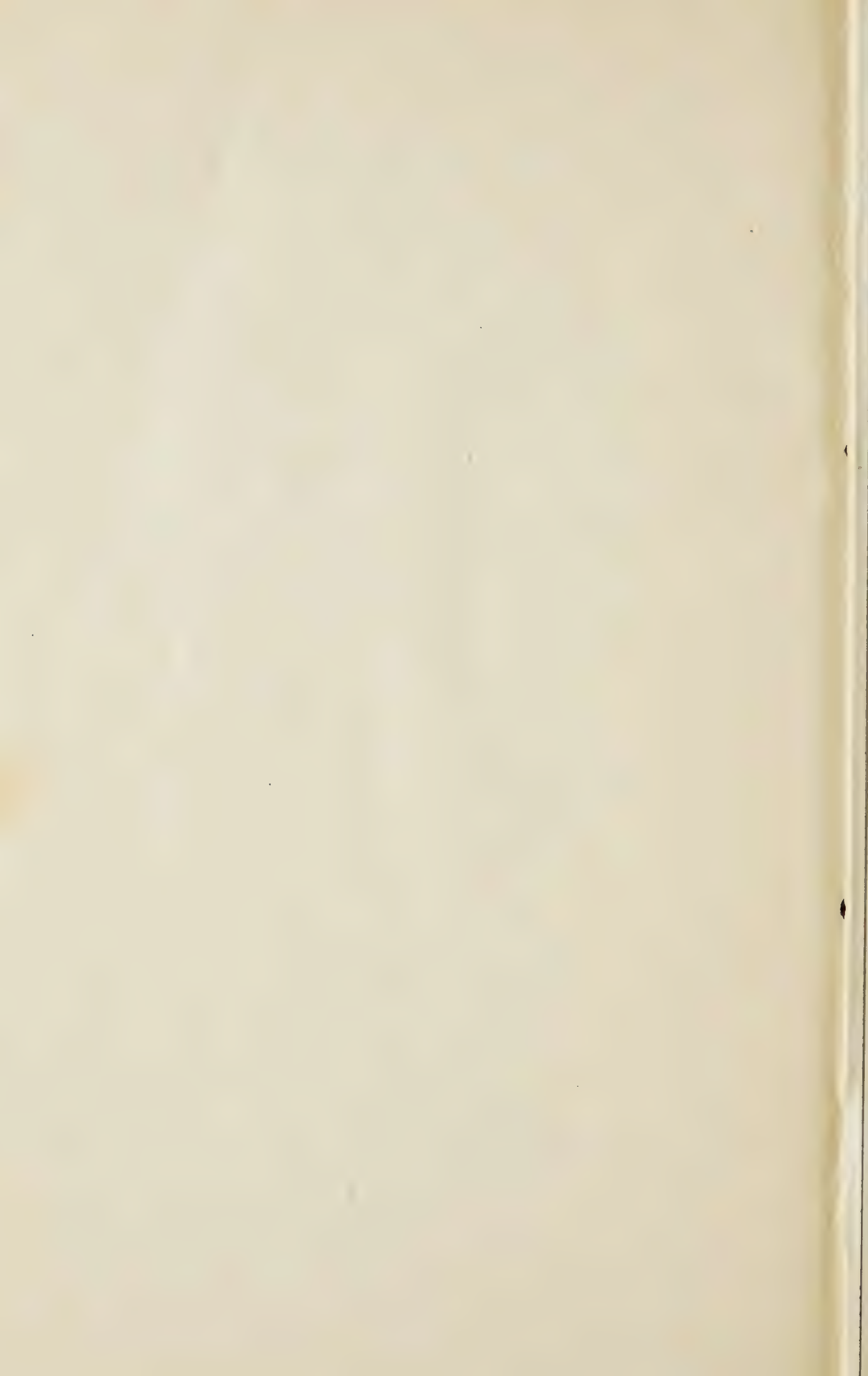
Thin fish — 5 to 8 minutes.
Thick fish — 12 to 15 minutes.
Thin steak, rare — 10 minutes.
Thick steak, rare — 10 to 12 minutes.
Thick steak, well done, 11 to 20 minutes, turning often.
Lamb chops, 8 to 15 minutes.
Spring chicken — 20 minutes.

BAKING

Loaf cake — 30 to 40 minutes.
Sponge cake — 50 to 60 minutes.
Gingerbread, in 2-inch sheet — 20 minutes.
Gingerbread, in 3-inch cake — 30 minutes.
Rolls — 15 minutes.
Bread muffins — 30 minutes.
Pie crust — 30 to 40 minutes.
Biscuits — 15 to 20 minutes.
Cookies — 8 to 15 minutes.

Lamb or mutton — 15 minutes for each pound.
Roast beef, well done — 15 minutes for each pound.
Roast beef, rare — 12 minutes for each pound.
Chicken — 25 minutes for each pound.
Small birds — 15 minutes.
Tame duck — 45 minutes to 1 hour.
Wild duck — 30 to 45 minutes.





INDEX

	Pages
Soups	7—8
Fish	9—13
Hot Dishes for Supper	15—17
Meats	19—22
Meat Sauces	23
Poultry and Game	25—26
Vegetables	26—30
Salads and Dressings	31—36
Pickles	37—40
Bread and Biscuits	41—46
Pies and Puddings	47—52
Light Desserts	53—60
Cookies	61—65
Cakes	66—77
Food as an Energy Producer	78—79
Eggs	81—82
Invalid Dishes	83—85
Fruit	83—85
Beverages	89—90
Balanced Menus	91—92
Candies	93—95
Table Hints	96
Sandwiches	97—98
Hints on Serving	99—100
Cookery Hints	101—103
Cooking Time Table	104

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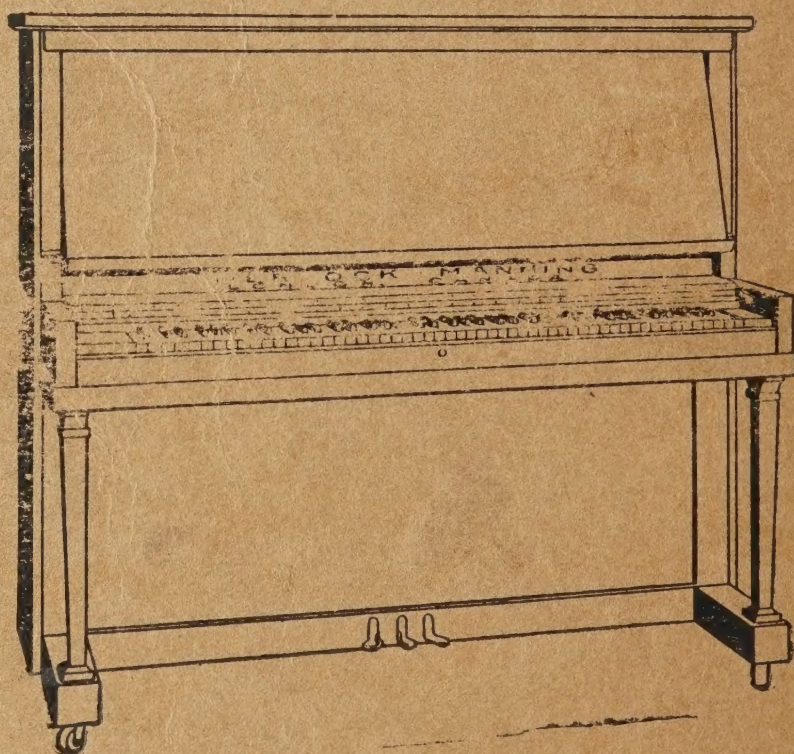
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